

## The Veggie Box From Quarry Farm



Welcome Everyone – We are excited to be off and running with the first week’s delivery to you! Here is this week’s harvest.

Italian Spinach	Kohlrabi	Radish	Arugula	Cilantro	Italian
Beets	Garlic scapes	Kale		Lettuce	Snow peas

Garlic Scapes and Italian Spinach may be unfamiliar to some of you. A garlic scape is the stem and the seed head of the garlic which we top right away. This sends the plant’s energy down to create the garlic bulb. Discard the actual seed head; it’s inedible, but the stem is delicious. Chop it fine and use it in everything. Think of it as green garlic. I left a few whole and poached salmon on them not long ago.

Italian Spinach is like a cross between spinach and chard. It has nice salty tone and makes a great and quick pasta sauce. Chop a few garlic scapes, the Italian Spinach stems and some onion and saute in butter or olive oil. Chop the spinach roughly, add to the pan along with some salt and pepper. Turn the heat down and cover for a few minutes. Add the cheese of your choice. I used cottage cheese. Presto! Start your pasta early. If you are feeding a crowd, add some kale along with the spinach.

The arugula in the box this week is pretty spicy. Three ways to calm that down are to add salt and/or vinegar and let it sit for a bit, cut it smaller and mix with lots of other greens, or cook it in sauce or stir fry. New crop next week.

### **A bit about Quarry Farm.**

When Daria and her husband, Ted and two friends from Victoria, bought the property in 2012, it was a quarry. Larry Bader, the developer of that neighbourhood, drew on the soil and rock there to construct the road to Bryant Hill. Needless to say, the property needed a lot of the work. The developers increased densities on the view lots by trading certain amenities on others. Quarry Farm borders a linear park and has about 2 acres covenanted as wetland.

The first job was to build the house. Daria and Ted built almost all of it themselves, taking 3 years to complete it and learning a lot of new skills along the way. Along the way, Daria established bits and pieces of the farm, the greenhouse, the greenhouse shed and the first gardens and irrigation. In recent years, she has focussed on creating soil and improving fertility by cover cropping, pasturing poultry and bringing in okara, manure, abattoir waste and mulch hay. All that hard work is starting to pay off. The veggie boxes are the next step in building the farm. All 25 shares are now sold. Daria has applied for organic certification for the property and has completed the Environmental Farm Plan. All round, this is going to be an exciting year.

Your boxes will be ready at 5:00 pm this Friday. Someone will be at the farm to greet you and answer any questions. If you happen to meet a very dignified turkey in the driveway, please stop and wait. If she is refusing to move, she is waiting for her babies to cross.

Happy dining! And thanks for supporting community agriculture.

The team at Quarry Farm