

## This Week's Comments

What a sunny treat we are getting for this Easter long weekend!

At You & Me Farm in Falkland, the lambing season has been busy with the first lambs being born last month! Not all the births went smoothly with some nights needing to stay up late to keep an eye on things or rushing to the vet. Many obstacles were overcome to give birth and bring in new life. Spring is the beginning of a vibrant season, with these lambs and growth of new greens – it brings so much joy and blessings to a farm!

**1. We will be OPEN for regular hours this weekend!** Our Bento menu will be available, as usual, on Saturday and Sunday.

**2. Tama's Bento Menu:**

**Friday.....**No Bento

**Saturday.....**Nappa Cabbage Roll (Japanese Style)

**Sunday.....**Samosas

**Monday.....**No Bento's

**Tuesday.....**Tofu Quiche ft local Chard

**Wednesday.....**Coconut Veg Curry

**Thursday.....**Chirashi Sushi

**Friday.....**Chickpea & Millet Nugget Donburi

\***Vegan Sweets (+GST):** 1) Zucchini Brownie \$5.50 2) Gobo & Dates Cookies \$3.95/pack

\*Tsukemono: 1) Nappa Cabbage with Shiso & Ume 2) Celery & Carrots Chu-kazuke

\*Miso Manju \$4.50/ea

\*Frozen: Soup \$10.00/2 packs (Reg. \$6.50/ea)

**3. This week's LOCAL feature is Chili Oil from Salt Spring Island!**

\$17.95/each (Reg. \$19.50)

**4. BC (local) produce:**

- Apples (Pink Lady, Fuji, Ambrosia, Gala, Sweet Orin) \$3.50/lb
- Cabbage Sprout Tops \$5.50/bunch
- Rainbow Chard \$4.95/bunch
- Potatoes (Russet, Purple, Red) \$1.95/lb
- Carrots \$5.50/2lb bag
- Daikon from Umi Nami Farm

**5. This week's Special:**

- BC Apples Mixed bag (#2) \$6.95/bag
- Navel Oranges \$2.95/lb
- Bunched Carrots with tops \$3.95/bunch
- Cilantro \$4.95/2 bunches (\$3.50/ea)
- Potato (3 types mixed) \$3.95/3lb bag
- Red Onions \$3.95/lb
- Pepper (mixed bag) \$4.50/bag

**6. Fresh Stinging Nettle will arrive Saturday evening from the Sunshine Coast!**

**7. From Cedar Isle Farm – fresh eggs are available!**

**8. New ARRIVALS – from Cawston, BC: Delicata, Butternut and Spaghetti squash are all arriving on Saturday**

**9. Spinach – beautiful bunches (US) \$5.50/bunch**