



## The Early Edition

Hosted by Rick Cluff  
Weekdays 5:30 to 8:37 a.m.  
on CBC Radio One



# Flavour of the Week

## Welcome to Flavour of the Week!

### June 4 - Farm Fresh

This week we got a mini-preview of the [Circle Farm Tour](#), a self-guided journey through six farming communities. It's a great way to meet local farmers and enjoy some of the amazing bounty right in our backyard.

We checked out creative preserves from [Vista D'oro Farms](#), including Green Walnut with Grappa. Vista D'oro also carries many heritage tomato plants, so stake out a sunny spot at home if you want to grow your own red ones (or green, yellow or purple ones).

We also sampled Fireweed honey from [Chilliwack River Valley Honey](#), and enjoyed handcrafted chocolate with fresh chocolate mint from [Limbert Mountain Farm](#) in Agassiz.

Limbert Mountain Farm owner Claude Bouchard shared his recipe for pesto made with basil and roasted hazelnuts, which are plentiful in the valley. (I've got a tree in my backyard, and can assure I'll be making lots of this delicious green pesto, come harvest time.)

If you want really go green and tour some of the Agassiz farms on two wheels, [Slow Food Vancouver](#) is putting together a Slow Cycle on August 9.

In the meantime, try the pesto at home. It smells like summer!

[Basil-Hazelnut Pesto](#) 



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