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## FOOD

### Beating the Winter Blues

March 30, 2012. 10:19 am • Section: Food, Signature Dish

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Posted by:  
**Chef Hamid Salimian**



I finally feel like spring has arrived. Local halibut, wood sorrels, spring garlic and more are beginning to appear. Spring is my favorite season. At this time of year, I get so excited about what I should be putting on our menu. There are so many great local ingredients to choose from.

Winter is the opposite of this. To beat the winter blues, our kitchen at Diva does a lot of canning, pickling and drying food for our menu. Right now we're using the last of the green walnuts, figs, plums, quince, beets, etc. that we preserved last summer or fall.

But one of the people I have to thank for helping us get through winter is Jordan Sturdy from [North Arm Farm](#). Jordan and Trish Sturdy run a 45-acre fruit and vegetable farm in the Pemberton Valley and supply us pretty much all year round; during the winter they have a variety of [vegetables](#) that they keep in their cellar.

Jordan has a real passion for growing vegetables and when you talk to him you feel how much he loves what he does. Once, he told me that there was a certain type of fly that was apparently eating his carrots. His solution: making a fence around the carrots high enough that the insect could not jump in.

I couldn't believe how much trouble he had to go through just for a fly. All I can say is that I am so thankful that Jordan and farmers like him have so much passion and drive



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for growing organic vegetables, overcoming nature's hurdles like carrot-loving flies without resorting to pesticides, and thus helping us to beat the winter blues once again this year.



I'd like to share with you my recipe for chilled pickling liquid. The liquid is then used to make easy pickles using root vegetables such as carrots and beets. I use this recipe as a base line; you can then change the ratio of water to vinegar to make the final product more acidic or less.

### Chilled Pickling

(by volume)

2 cups of champagne vinegar (you can change this to red wine for red beets)

2 cups of water

2 cups of sugar

Bring water and sugar to boil. Take off the heat and once it's off the boil, stir in the vinegar

To use this recipe you need to have some cooked, sliced and chilled root vegetables on hand. Just put the vegetables in a jar and cover with the pickling liquid, then let them sit in the fridge at least a week before using.

You'll find these pickles on our tasting menu at Diva this week where we're offering pickled winter vegetables with smoked Yarrow Meadows duck breast and foie gras walnut. A great way to bid farewell to winter and welcome in spring!

@hamidsalimian

Tags: Chef Hamid Salimian, Diva at the Met, Jordan Sturdy, Metropolitan Hotel, north arm farm

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