



For the week of August 12, 2014

Beets	Melons
Carrots	Strawberries
Corn	Tomatoes
Kale	Zucchini

We were feeling pretty proud behind our market table on Saturday. We had at least 50 different items displayed on our 10x10 ft space. When I look at pictures of us from 10 years ago, its really clear how far we've come.

What a box we have for you this week! First off corn: get a pot of salted water to a rolling boil, drop in corn for a scant 2 minutes only. Enjoy! Melons are an amazing treat that Heather has mastered on her south facing slope in Saanichton. Make sure to eat them soon because they are picked at peak ripeness.

Kale with Corn and Balsamic Vinegar

2 tbsp olive oil
1/4 cup onions, finely chopped
1 cup fresh corn kernels
3 teaspoons balsamic vinegar
1 bunch kale
salt and freshly ground black pepper

Warm olive oil in a large skillet over medium heat. Add onion, corn and 1/4 tsp of salt. Saute for about 4 minutes, or until shallots start to brown. Stir in 2 tsp. of balsamic. Remove from heat and set aside in a bowl.

Add kale to the skillet and cook over medium heat and toss for 3-4 minutes until wilted and bright green. Toss in corn mixture and remaining vinegar with a sprinkle of salt and pepper. Stir well to combine immediately.

Roasted Summer Squash with Pesto

4 medium summer squash cut into 1/2 inch slices
1 T extra virgin olive oil
salt and fresh ground black pepper to taste
1/4 cup pesto (basil, sage, arugula, or whatever!)

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Preheat oven to 400F. Toss squash pieces with 1 T

olive oil and season with salt and fresh ground black pepper. Arrange squash in single layer on a roasting pan. Roast 25-30 minutes, turning once or twice. Squash is done when pieces are starting to soften and brown slightly on the edges.

When squash is done, toss with pesto and serve hot.

Sesame Beets

1 bunch beets
2 tablespoons fresh lemon juice
1-2 teaspoons cider vinegar
1 tablespoon toasted sesame seeds
2 tablespoons minced onion or scallions
salt and pepper to taste

Trim the leaf stems of the beets to about 1 inch. Be sure to save the greens and steam them up as a side dish. Scrub the beets and place them in a pot with water just to cover. Bring to a boil, then lower the heat, cover, and simmer for about 20-30 minutes until tender and easily pierced with a sharp knife. Drain and rinse with cold water until cool enough to handle. Remove skins, and slice the beets into a bowl.

Toss with lemon juice vinegar, sesame and onion. Add salt and pepper to taste. Chill thoroughly for about 30 minutes and serve.

News From the Farm

Sometimes mysteries happen on the farm and you just can't figure them out. We had an acre of potatoes, half were planted a week apart. The first half were heavily worm damaged, the second half – which we were procrastinating to harvest because it was so depressing, are perfect- no worms? Same field prep, same varieties...what happened in that week?!

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