



For the week of August 18, 2014

Beets	Kale
Blueberries	Melon
Corn	Summer Squash
Fennel	Tomatoes

The bountiful summer boxes just keep on coming! There have been some memorable meals at the farm lately: heirloom tomato sandwiches with dill, melon trays for breakfast, and heavenly bbq'd corn and summer squash. Hot tip of the week – slices of roasted beet on a cracker with blue cheese.

### **Kale with Corn and Balsamic Vinegar**

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

Warm olive oil in a large skillet over medium heat. Add onions, corn and 1/4 tsp of salt. Saute for about 4 minutes, or until onion 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.

### **Grilled Fennel on the BBQ**

Cut fennel in half and separate layers. Toss it in olive oil, salt and pepper and balsamic vinegar. Put slices right on to the BBQ and grill over medium heat for 15-20 minutes.

Serve alongside other grilled veggies like summer squash, onions, beets or use for a salad topping.

### **Honey Fennel Dressing**

Here's a way to use those luscious fennel greens!

1/2 cup olive oil  
1/4 cup lemon juice  
2 tbsp honey  
1/4 cup tahini  
handful of chopped fennel greens  
1/4 cup of ground pumpkin seeds  
salt and pepper to taste

Combine all ingredients in a food processor or with a hand blender.

### **News From the Farm**

It's a literal second spring right now at the farm. While the squashes are starting to look weathered and the first rounds of beans are drying to a crisp in the fields, there are bright little rows of new seedlings of beets, carrots, turnips, broccoli and collards. These are our winter crops that we start in late summer to mature during the cold months ahead. We're planning to be at the Moss Street Market all winter, and of course we'll be filling your boxes with seasonal treats all winter as well. Its encouraging for us to know that there are so many willing buyers for our winter fare, and because of the successes during recent winters, we're planting more and more. While winter farming can hardly be called fun, its important for us because it helps fill our vision of a solid, year round local food supply for Vancouver Island.

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