



**For the week of Aug 27, 2013**

|                  |          |
|------------------|----------|
| Summer Squash    | Tomatoes |
| Baby Beets       | Melon    |
| Garlic           | Eggplant |
| Dandelion Greens | Chives   |

Some of you have received cardboard boxes instead of our wooden ones. This is because our previous supplier is no longer in business. We have a new carpenter lined up and he'll shortly be producing some very smart looking boxes for us. In the meantime please continue to return the cardboard ones as usual.

Thanks to this wonderful warm summer we've had, the eggplant is flourishing. We have all different colours, from Italian deep purple, to the light purple of long asian eggplants, to pink, white and even striped. They can all be used the same way so don't be intimidated by an unusual colours! The following recipe combines 3 items in this week's box, eggplant, tomatoes and garlic.

### **Caponata**

Olive oil  
2 eggplants, cut into large pieces  
Fresh or dried oregano  
Salt and freshly ground black pepper  
1 small red onion, finely chopped  
2 cloves garlic, finely sliced  
1 bunch flat leaf parsley, leaves and stems chopped separately  
2 T salted capers  
Handful of green olives, pits removed  
2-3 T best quality herb vinegar  
5 large ripe tomatoes, roughly chopped  
Optional: 2 t slivered almonds, lightly roasted

Heat a couple generous slugs of olive oil in a large pot. Add eggplant and oregano, season with salt and toss. Cook on high heat for 4-5 min, stirring every so often. When the eggplant is golden, add the onion, garlic and parsley stems and cook for a couple more minutes. Add oil if necessary. Throw in capers and olives and drizzle with herb vinegar. When vinegar has evaporated, add the tomatoes and simmer 15 mins or till tender. Season with more

salt, pepper, and vinegar to taste. Serve sprinkled with chopped parsley leaves and almonds.

This flavourful eggplant stew recipe is from Jamie Oliver in "Jamie's Italy"

### **Grilled Summer Squash**

1 pound summer squash  
1 T olive oil  
1 T Tamari  
2 T fresh lemon juice or herb vinegar  
1 tsp. fresh rosemary -- chopped  
Salt and pepper to season

Cut the squash in half lengthwise. Brush with a mixture of oil, fresh lemon juice, tamari and rosemary. Season with salt and pepper. Grill over medium-hot coals, 4 to 6 inches from the heat, for 15 to 20 minutes, turning every few minutes, or roast in the oven at 400° 15-20 minutes. Cook until tender.

### **News From the Farm**

Plans for our cooler party and fundraiser are moving along, and tickets are selling! On Sunday September 15<sup>th</sup> Chef Alain Legere will be cooking on site with our own veggies for a long table dinner. We'll have beer from Hoyne Brewing and wine from DeVine Vineyards right here on the Saanich Peninsula. Come at 4:00 for a farm tour and check out the new cooler and packing area that we moved into in May. Sit down farm-style dinner will be served at 5:30.

Tickets are \$50 each and are available from us at any of our market tables: Moss Street, James Bay or Hudson Downtown. They are also available in the webstore and can be delivered in your box! Every so often we talk about how to connect with our box customers, and this seems like a great way to do so! Please consider coming out and raising a glass with us.

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