



For the week of Aug 30, 2016

Carrots  
Dandelion  
Eggplant  
Kale

Melon  
Sweet Onions  
Parsley  
Tomatoes and Strawbs

We've got melon for you this week. I feel like we wow more folks with melons than any other of our crops. At the market, folks can smell them as they walk by and they get this confused searching look as they try to place it. They are a high stakes crop because they require a lot of attention. They are finicky in the cool spring. When at last they are ripe, they're ripe and they need to get eaten asap. Some of you are getting melons with a touch of sunburn (brown spots), but don't worry because it doesn't affect the taste at all! Enjoy!

### **Spicy Dandelion Greens with Onions**

1 bunch dandelion greens, stems and leaves cut crosswise into 2" bits  
1 tablespoon extra-virgin olive oil  
1 tablespoon unsalted butter  
1 medium onion, thinly sliced  
1 garlic clove, coarsely chopped  
1/2 a fresh hot Italian cherry pepper, seeded and minced, or 1/2 teaspoon crushed red pepper flakes, or to taste!  
Salt and freshly ground black pepper

Cook greens in large pot of well salted boiling water, uncovered, until ribs are tender, about 10 minutes. Rinse under cold water to stop cooking and drain well, gently pressing out excess water, and transfer to a bowl.

Heat oil and butter in skillet over medium heat until foam subsides, then cook onions with garlic, cherry pepper, salt and pepper, covered, stirring occasionally, until pale golden, about 8 minutes. Add greens and cook, covered, stirring occasionally, until onions are tender, 4 to 6 minutes. Transfer dandelion green mixture with a slotted spoon to a serving bowl and drizzle with additional oil.

### **Tomato Salad with Parsley Vinaigrette**

1/2 cup fresh parsley  
1/3 cup olive oil  
3 tablespoons white-wine vinegar  
2 teaspoons Dijon mustard  
1 small garlic clove  
Coarse salt and ground pepper  
6 plum tomatoes, cored and quartered

In a blender, combine parsley, oil, vinegar, mustard, and garlic; season with salt and pepper, and blend until vinaigrette is smooth. Drizzle tomatoes with vinaigrette, and serve.

### **News From the Farm**

Our farmhands have kicked it into high gear for the end of summer and we're so grateful. We have tons of crops germinated, weeded and ready to grow!! Get excited for late fall and winter!!

**Contact us: [boxcoordinator@saanichorganics.com](mailto:boxcoordinator@saanichorganics.com) or 250-818-5807**

**Website and webstore: [www.saanichorganics.com](http://www.saanichorganics.com)**

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