



For the week of Aug 9, 2016

Lodi Cooking Apples	Lettuce
Chard	Onions
Cilantro	Squash and Turnips
Cukes	Tomatillos and hot pepper

The theme of the week is salsa verde. Don't get intimidated if you haven't made it before. You'll be a fan, and then you'll start seeking out tomatillos like we do. Its great on chips, and as an accompaniment to Mexican dishes. Make it as spicy or mild as you want.

Classic Salsa Verde.

- 1 pint tomatillos, husks and stems removed
- 1 to 2 hot peppers, stem and seeds removed
- 1 small white onion, skin removed, split in half
- 1 bunch fresh picked cilantro leaves and tender stems
- Kosher salt

Combine tomatillos, peppers and onion in a medium saucepan and cover with water. Bring to a boil over high heat then reduce to a simmer. Simmer until vegetables are completely softened, about 10 minutes, stirring occasionally to make sure all sides are softened. Drain vegetables then transfer to a blender. Add cilantro and a large pinch of salt. Blend on medium speed until a chunky puree is formed, about 30 seconds. Transfer to a bowl, season to taste with more salt or lime juice if necessary, and serve. Cooled salsa can be stored in a sealed container in the refrigerator for up to 2 weeks.

The apples in your box this week are called Lodi, and they are best used for saucing. Last week at the Moss Street Market, Juma food truck had an amazing chutney made from cooking apples. Wish I would have gotten the recipe for you, but it inspired me to think about apples in a different way. There are tons of varied recipes on line, some hot, some savoury with mustards and some sweet with raisins. Chutney can bring a simple lentil dish to the next level. Go for it!

News From the Farm

The Feast of Fields is early this year: Sunday August 28th from 1pm to 5pm in Metchosin at the Parry Bay Sheep Farm, Glengarry Field. We're sad that we can't make it this year - our first miss in 15 years! But its really a great time, and a great cause. More info at: <http://www.feastoffields.com/vancouver-island/>

The tomatoes are very early this year and they won't be around in September. The time for canning and salsa making is now! You can browse the web store and add any of the items to your regular delivery.

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