Saanich Organics
Big Taste from Small Farms

Arugula   Garlic
Beans   Lettuce
Carrots   Melons
Corn   Tomatoes

While we had an early start to the season, we're also having an early end to many of our crops. The tomatoes are finishing up, the blueberries are done a full month early and the corn is here, and the early, mind and late season varieties are very close on each others' heels.

In other news, our pie pumpkins are ready. Anyone for pumpkin pie in early August?

Corn

Bring a pot of salted water to a rolling boil and drop in your cobs. They need a scant 3 minutes in the boiling water to be done, not more! Serve immediately.

Melon tip: if you can't eat your melon immediately, don't store it in the fridge. Its best kept at room temperature.

Hollyhock Salad Dressing

⅓ cup cider vinegar
⅓ cup water
⅓ cup tamari
1-4 cloves garlic, minced
½ cup nutritional yeast flakes
1½ cup vegetable oil

Place cider vinegar, tamari, garlic and nutritional yeast in a blender and combine. With blender running, pour in oil to reach desired consistency.

The Saanich Organics variation of the Hollyhock dressing is that all our farmhands build on this base by putting in a great mish mash of all herbs (dill, cilantro, parsley) all at once and blend these in. Bizarrely enough its absolutely delicious!

News From the Farm

The National Farmers Union has put out a new paper on the state of farmland ownership in Canada called Losing our Grip. Its a really interesting analysis on who actually owns the farmland and the trends in foreign ownership. Some of our big pension funds in Canada are buying up farmland because of the stable growth in value. The NFU make some great policy suggestions that need to see the light of day. The NFU have some great position papers on current issues in agriculture nationally, and they are an amazing organization to support.

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