



For the week of August 18, 2014

Carrots	Jalapeno
Cilantro	Melons
Chard	Potatoes
Cucumbers	Tomatoes

A few weeks ago, many of you missed getting cukes in your boxes. We're giving you extra this week to make up for it, and we're doing our best to make sure it doesn't happen again. The perennial problem is that we're often tired by box packing time after a long day in the field. We do make a point of hiring one fresh mind to be on the scene to double check, but she can't be everywhere at once. Please accept our apologies, and be sure to pipe up if you're ever missing anything in your box.

There's all the fixings for a nice salsa in your box this week!

Fresh Salsa

3/4 pound tomatoes (about 2 medium), seeded and finely diced (1 1/2 cups)
1/3 cup chopped cilantro
1/4 cup finely chopped white onion
1 small fresh jalapeño, finely chopped, including seeds, or more to taste
1 tablespoon freshly squeezed lime juice, or more to taste
1/2 teaspoon fine salt, or 1 teaspoon kosher salt

Mix all the ingredients together in a bowl. Season to taste with additional chile, lime juice, and salt.

This salsa keeps in the refrigerator for up to one day. Before you serve it, stir it well and drain any excess liquid that has accumulated in the bowl

Steamed Chard with Butter

This simple recipe spells comfort food! Chard cooks down to many times less its original amount so don't fear using a whole bunch.

1 bunch of chard, ribbed removed
Butter, salt and pepper

Roughly tear chard leaves, and dice stems. Bring a pot of salted water to a boil. Add chard stems and ribs, and let cook for 3 minutes, add leaves and cook for another 5 minutes. Strain and dress with butter, salt and pepper. Simple and classic

News From the Farm

We've been busy with the seed harvesting side of our business as the season draws to a close. Every vegetable and fruit produces a flower, which gets pollinated and sets a seed. The techniques for extraction vary plant to plant, as does the timing. It can be a lot for a veggie grower to juggle in a busy time of year but we're starting to get the hang of it. It is very rewarding to grow crops from your own seed, and then to share that seed with other growers.

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