



For the week of Aug 19, 2015

Carrots	Eggplant
Celery	Lettuce
Corn	Melon
Chard	Radish

While the main season crops are starting to look weathered, there are bright green rows of our winter crops starting to peek up - carrot, beets, spinach and rutabaga are all looking fresh and happy. Its like a second spring for us now as we work to get the last of the winter crops planted.

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.

Eggplant Tacos

Here's a new farm favourite - fast and amazing!

- 1 eggplant
- olive oil
- salt
- Brie
- cilantro or basil

Slice the eggplant into 1/2-inch rounds and spread on an oiled baking sheet.

Rub with olive oil and salt and roast at 400° F for 8 minutes on each side, or until golden.

Place a piece of Brie and fresh cilantro or basil on each eggplant round and fold like a mini taco.

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Celery Soup

We're feeling pretty proud of this fine celery, so use it in a recipe that will highlight its flavour.

- 1 chopped head of celery
- 1 chopped large waxy potato
- 1 chopped medium onion
- 1 stick unsalted butter
- Salt
- 3 cups low sodium chicken broth
- 1/4 cup fresh dill
- 1/2 cup heavy cream
- Celery leaves
- Olive oil
- Flaky sea salt

Combine 1 chopped head of celery, 1 chopped large waxy potato, 1 chopped medium onion, and 1 stick unsalted butter in a medium saucepan over medium heat; season with salt.

Cook, stirring, until onion is tender, 8–10 minutes.

Add 3 cups low sodium chicken broth; simmer until potatoes are tender, 8–10 minutes. Purée in a blender with 1/4 cup fresh dill; strain. Stir in 1/2 cup heavy cream. Serve soup topped with celery leaves, olive oil, and flaky sea salt.

News From the Farm

We got some good press this weekend with regard to the LifeCycles gleaning program. We've had some volunteers out to the farm in the past to gather excess produce and produce that doesn't meet our standard but is still healthy and delicious. If gleaning from the farm interests you, please get in touch with LifeCycles at 250 383 5800.