



For the week of Aug 20 2013

Beans	Kale
Broccoli	Parsley
Mini Cabbage	Strawberries
Eggplant	Tomatoes

We've had some misty, foggy mornings at the farm. The orb spiders are growing bigger and they are making webs across pathways and between plants. These are sure signs that fall is just around the corner. Of course, when you indulge in tomatoes and eggplants from the box this week, its easy to dream of endless summer.

### Indian Spiced Cabbage

A friend shared this recipe with me last year and I was glad to discover a new way to prepare cabbage- that was both delicious AND quick. I've simplified her recipe even more and hope that you too enjoy this easy -and tasty- cabbage dish.

4 cups cabbage, shredded or thinly sliced (~1 small cabbage)  
2 TBSP olive oil  
1 clove garlic, minced  
2 TBSP green onions  
1 tsp each cumin and curry powder  
1/4 tsp each tumeric, crushed red chilies and salt  
1 tsp lemon juice  
2 TBSP cilantro, chopped

Heat olive oil in a heavy skillet and saute mustard seed until crackly (~1minute). Add garlic and saute another minute.

Add cabbage and spices, except salt. Stir until spices have coasted cabbage, then add salt. Cover and cook on low for about 5 minutes(until cabbage is slightly transparent).

Stir in green onions and lime juice. Top with cilantro and serve. Serves 4.

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### Aubergine Dream Burgers

Eggplant and blue cheese...divine!

Marinade:  
½ cup olive oil  
¼ cup balsamic vinegar  
1 tbsp grainy mustard  
1 clove garlic  
salt and pepper

1 lb. eggplant  
Blue cheese

Preheat oven to 450 or fire up the BBQ. Slice the eggplant into 1-inch medallions. Lay them in a baking dish containing the marinade. Flip them once they've soaked up some marinade, and let them sit for 10 minutes or so. Roast or grill eggplant until its nicely browned. Top with a slab of blue cheese while still hot. Serve it in a warm bun like a burger.

### News From the Farm

The cooler party is on! Chef Alain Legere will put on a fabulous long table dinner event for us on Sunday September 15<sup>th</sup>. We're hoping folks will come at 4:30 for a tour of the fields and of course of the new cooler and packing area that we moved into in May. Tickets are \$50 each and are available from us at any of our market tables: Moss Street, James Bay or Hudson Downtown. They are also available from the webstore or by calling Niki at the number below. If you are interested in volunteering, please get in touch because we could also use some extra hands for this fun event.

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