



For the week of Aug 24, 2015

Beans	Dandelion
Beets	Eggplant
Celery	Melon
Corn	Summer Squash

There was a gathering of the Young Agrarians this weekend at Umi Nami Farm in Metchosin which was very well attended. The Young Agrarians are a group ranging from seasoned young farmers to the merely agriculturally curious. If you have a budding farmer in your life, the Young Agrarians could be a good place for them to start.

According to Alice Waters, a visionary chef, "along with carrots, and onions, celery is one of the so-called aromatic vegetables that provide indispensable background flavour to all sorts of classic stocks, stews, braises and sautés." This is easy to forget because grocery store celery is so bland, but alas, here's the real thing. Make it count!

Braised Celery

1 head of celery, washed with outer stems and leaves trimmed
2 Tbsp olive oil
1 small onion
2 or 3 thyme sprigs
Beef or veggie broth

In a heavy saucepan over medium heat add oil, onion and thyme. Cook for 5 minutes. Dice the celery and add, cooking for 5-7 minutes more until the onions and celery have browned. Season with salt and add one cup of beef or veggie broth. Bring to a boil and then lower heat to a simmer. Cover and cook until celery is tender. The sauce should be thick and coat the celery. If not raise the heat and further reduce the liquid. Taste for salt and serve. *From The Art of Simple Food by Alice Waters*

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Sautéed Dandelion Greens

Dandelion is in the chicory family, which is a staple on menus all over Italy. It's pleasing bitterness is off-set by the richness of the oil from the sauté.

1 bunch dandelion greens, leaves cut crosswise into 2-inch pieces

2 tbsp extra-virgin olive oil

1 garlic clove, smashed

pinch of dried hot red-pepper flakes

1/4 teaspoon fine sea salt

Cook greens in a pot of boiling salted water uncovered, until ribs are tender, about 10 minutes. Drain in a colander, then rinse under cold water to stop cooking and drain well, gently pressing out excess water.

Heat oil in a 12-inch heavy skillet over medium heat until it shimmers, then cook garlic and red-pepper flakes, stirring, until pale golden, about 45 seconds. Increase heat to medium-high, then add greens and sea salt and sauté until coated with oil and heated through, about 4 minutes.

News From the Farm

We're getting excited about the upcoming Washington Tilth Conference in Spokane, Wa. Washington is a real epicentre for innovation in organic agriculture. The conference moves around the state, and this year its in the east (dryland rather than coastal) which will be interesting for us because there's a focus on how to do what we do with much less water. Its always great to convene with other coastal growers south of the border. Other than this venue, we have no opportunity to learn from each other, which is ridiculous as we're in the very same bioregion. Yay Tilth!