



For the week of Aug 2, 2016

Beans  
Carrots  
Cukes  
Fennel  
Kale

Lettuce  
Grilling Onions  
Tomatoes  
Summer Squash

The Feast of Fields is early this year: Sunday August 28th from 1pm to 5pm in Metchosin at the Parry Bay Sheep Farm, Glengarry Field. We're sad that we can't make it this year - our first miss in 15 years! But its really a great time, and a great cause. More info at: <http://www.feastoffields.com/vancouver-island/>

### Easy Fennel and Summer Squash Salad

1 pound small yellow summer squash, thinly slice into rounds, a mandolin comes in handy here  
1 small fennel bulb, halved, cored, and thinly sliced lengthwise  
2 tablespoons chopped fresh dill  
2 tablespoons extra-virgin olive oil, for dressing  
2 teaspoons fresh juice from 1 lemon  
Kosher salt and freshly ground black pepper  
3 ounces fresh goat cheese, crumbled

In a large bowl, combine squash, fennel, dill, olive oil, and lemon juice and toss to combine. Season with salt and pepper. Add goat cheese, gently toss, and serve right away. Reserve the top fronds to add to salad dressings!

### Fennel Miso Salad Dressing

1/2 cup miso  
6 tbsp. maple syrup  
6 tbsp. rice vinegar  
1 tb. yellow mustard  
1/2 cup chopped fennel fronds  
3 tbs. olive oil  
1/2 tsp. ground black pepper  
2 tbs. lemon juice

Assemble all ingredients and blend until smooth.

### News From the Farm

I've never been a great onion grower, but luckily I've tried and tried again, being contended with piddly harvests of so-so onions. But not this year! Holy smokes, I had one of the most aesthetically pleasing harvest afternoons of my life, laying out huge shallots, cippolinis and sweet onions to dry in the sun. As I filled more and more tarps with onions, my afternoon became less pleasant as I contemplated the rain coming on Tuesday and how I would possibly be able to handle this many onions. But never the less, there was ephemeral joy and there will be lasting joy as we all enjoy beautiful, tasty onions all winter long.

Contact us: [boxcoordinator@saanichorganics.com](mailto:boxcoordinator@saanichorganics.com) or 250-818-5807

Website and webstore: [www.saanichorganics.com](http://www.saanichorganics.com)

Mailing Address: 1438 Mt Newton Cross Road, Saanichton V8M 1S1