



For the week of August 4, 2014

Beans
Blueberries
Cherry Tomatoes
Middle Eastern Cukes
Japanese Turnips
Kale
Kohlrabi
Lettuce and Onions

We're on a high this week after an amazing exchange with a group of Cuban farmers. We were graced with their perspective of being timeless stewards of land and knowledge. These folks were born into agriculture, and are in process of bringing back their soils from the centuries of abuse in the sugarcane industry. I've never thought about how best to care for my land so that in 100 years, the systems that I put in place will build soil and use water optimally. Now I will.

Now, to the box contents: kohlrabi! This veggie does hold up really well in a stirfry, and goes well with curry but we almost always eat it raw. When raw, kohlrabi is slightly crunchy and mildly spicy, like radishes mixed with turnip. First peel it, then chop off any tough ends and then there are a number of options. You can toss them in a salad, make a slaw out of grated kohlrabi, or eat them on their own with a drizzle of good olive oil and a sprinkling of sea salt.

We've been eating lots of cucumber salads. Basically you can slice and toss cukes with almost any dressing. A classic taste that reminds me of my Grandmother, is very cold cucumbers tossed in white vinegar with salt and pepper. A nice bean salad can be made in much the same way, but trim the ends, and lightly steam them first.

Kale Caesar Salad

This has become a classic on our farm since we first learned the recipe from Chef Ali at Spinnakers.

Puree 1/3 cup olive oil, 1 garlic clove, 2 anchovy fillets, 1 teaspoon Worcestershire sauce, and salt and pepper to taste in a blender. Toss 1 1/2 cups crusty bread cubes with 1 tablespoon of the dressing; broil on a baking sheet until toasted, about 2 minutes. Toss

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1 1/4 pounds chopped kale with the remaining dressing; broil on another baking sheet, stirring, until crisp, 5 to 8 minutes. Put the kale and croutons in a bowl and top with lemon juice, grated parmesan and a chopped hard-boiled egg.

French Bean Salad

4 handfuls of fresh beans, stalk ends removed
2-3 heaped teaspoons French mustard, to taste
2 tablespoons good-quality white wine vinegar
4 tablespoons extra virgin olive oil
sea salt and freshly ground black pepper
1 medium shallot, peeled and finely chopped
1 tablespoon capers, optional
1/2 clove garlic, finely grated
1 small handful fresh chervil, optional

Bring a pan of water to a fast boil, add your beans, put a lid on the pan, and cook for at least 4 to 5 minutes. Boiling the beans fast like this helps them to retain all their nutrients. Meanwhile, put the mustard and vinegar into a jam jar or bowl and, while stirring, add the olive oil to make a good hot French dressing. Season carefully with sea salt and freshly ground black pepper, then add the finely chopped shallot, the capers if you're using them and the garlic. Dress while beans are hot, and serve warm, sprinkled with chervil.
From Jamie Oliver

News From the Farm

Sea Bluff Farm held its second annual Weed Date this Sunday. Think speed dating, but on a farm, in front of rows of veggies. There were about 40 folks, mostly from the Young Agrarians society, who came out to meet and greet, and possibly find love. There will be pictures up at www.youngagrarians.org if you want to try and visualize the event. A good time was had!

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