



For the week of Aug 4, 2015

Basil	Eggplant
Beans	Kale
Beets	Lettuce
Cabbage	Potatoes and Tomatoes

We've got a box full of summer delights for you this week.

### **Aubergine Dream Burgers**

1 eggplant, cut into rounds or slabs  
1/2 cup olive oil  
1/4 cup balsamic vinegar  
1 tbsp grainy mustard  
1 clove garlic, minced  
Blue Cheese, sliced  
Burger buns

Blend together the oil, vinegar, mustard and garlic, and pour it into a marinading dish. Add the eggplant rounds and let them sit for a few minutes to a few hours, turning every so often. Remove from marinade. Grill on BBQ or roast at 350°F until well done. While still hot, put a little slice of blue cheese on top of the eggplant "burgers". Slide these into a toasted bun, and voila!

### **Simple Coleslaw**

1 small cabbage  
1/2 small red onion, sliced thinly  
Salt and Pepper  
1 tbsp cider or wine vinegar  
4 tbsp olive oil

Cut cabbage into quarters and remove the core. Turn cut side down and slice crosswise into thin shreds. Mix together in a bowl with onion and salt. Prepare vinaigrette by mixing together vinegar, salt, pepper and oil. Taste for acid and adjust as necessary. Dress, and eat right away or leave to marinade and soften.

**250-818-5807**

[boxcoordinator@saanichorganics.com](mailto:boxcoordinator@saanichorganics.com)

**1438 Mt Newton Cross Road, Saanichton V8M 1S1**

### **Lettuce and Beet Salad with Sour Cream Dressing**

1 bunch of beets  
2/3 cup sour cream  
2 tablespoons grated onion  
1 tablespoon red wine vinegar  
1 tablespoon sugar  
1 tablespoon Dijon mustard  
5 cups (packed) torn lettuce

Preheat oven to 400°F. Wrap beets tightly in foil. Bake until tender, about 1 hour. Cool; peel beets. Coarsely shred beets.

Whisk sour cream, onion, vinegar, sugar and mustard in small bowl to blend. Season with salt and pepper. Place lettuce in large bowl. Add dressing and toss to coat. Divide salad among 4 plates. Top each with beets, dividing equally.

All recipes adapted from [epicurious.com](http://epicurious.com)

### **News From the Farm**

Now that the federal election campaign period has officially begun, Food Secure Canada has launched their Eat, Think, Vote Campaign to encourage Canadians to consider food as a political issue. They have a great website [www.foodsecurecanada.org](http://www.foodsecurecanada.org) that is full of good information about how we can get food issues on the federal agenda. Saanich Organics will be hosting an Eat, Think, Vote event at Sea Bluff Farm later in the fall. We'll keep you posted when we have a date.