



For the week of Aug 5 2013

Basil	Strawberries
Middle Eastern Cukes	Squash
Garlic	Tomatoes
Kale	
Salad Greens	

This week, the folks at Sea Bluff Farm finally felt caught up. Its been a huge learning curve for Robin, moving from an acre and a half to six acres. The work is mostly by hand, no mechanical weeding help. She's hoping they get another flush of weeds soon so she can keep her amazing hoeing biceps in peak form. Haha!

Zucchini Cucumber Soup

1 lb zucchini, chopped
3/4 lb seedless cucumber, peeled and chopped
1/3 cup chopped sweet onion such as Vidalia
1/4 cup white-wine vinegar
1/4 cup water
1 teaspoon chopped fresh hot green chile
1 3/4 teaspoons salt
1 teaspoon ground coriander
1/2 cup crème fraîche (4 oz)

Purée zucchini, cucumber, onion, vinegar, water, chile, 1 teaspoon salt, and 1/2 teaspoon coriander in a blender until very smooth.

Whisk remaining 3/4 teaspoon salt and 1/2 teaspoon coriander into crème fraîche. Serve soup topped with dollops of crème fraîche.

Sautéed Kale

3/4 lb kale, tough stems and center ribs discarded and leaves cut into 1-inch-wide strips
2 tablespoons olive oil
1 small red onion, halved lengthwise and thinly sliced crosswise
1 garlic clove, minced
Pinch of dried hot red pepper flakes
1 tablespoon red-wine vinegar, or to taste
1/4 teaspoon salt

Cook kale in a 6-quart pot of boiling salted water uncovered, stirring occasionally, until just tender, about 7 minutes, then drain in a colander. Heat oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then sauté onion, stirring occasionally, until softened, 6 to 8 minutes.

Add garlic and red pepper flakes and sauté, stirring, until garlic is fragrant, about 1 minute. Reduce heat to moderate, then add kale and cook, stirring occasionally, until heated through. Remove from heat and stir in vinegar and salt.

Greens with Tomatoes and Garlic

2 cups chopped tomatoes
1 clove garlic
1/2 each of fresh or dried oregano and basil
1 bunch sliced kale greens
salt and pepper to taste

In a skillet, sauté tomatoes, garlic, basil, and oregano over medium heat until most of the liquid from tomatoes has evaporated, about 5 minutes. Meanwhile, remove stems from kale; chop kale leaves into bite-size pieces. Add kale, salt and pepper to skillet; cover and cook for two minutes. Adjust seasoning.

News From the Farm

We're hosting the Richmond Farm school this weekend. Twelve farmers in training are coming to spend some time learning and working on our farms. This is one of the fun results of our connections with former farmhands. Our past farmhands get the most interesting jobs in agriculture. Karen, a favourite farmhand friend is now teaching agriculture at Kwantlen College and will be leading the tour.

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