



For the week of July 1, 2015

Chard	Fresh Herbs
Middle Eastern Cukes	Kohlrabi
Fava Beans	Salad Greens
Fresh Garlic	Berries

How to cook fava beans

We've started the garlic harvest! This is an epic seasonal job that starts the turnover of the fields from main season crops to winter crops. The apprentices don't want to harvest the garlic and the potatoes because they feel proud that we just got all the fields full. Everything looks so good! We'll plant winter carrots where the garlic has come out, and winter spinach and endive where the potatoes were, so the field will be full again soon.

The garlic has to be hung to dry in an airy overhang or building. At this time of year, every overhang, and every unused or under used building will have garlic hanging from the rafters. We hang it for 3 weeks, and then cut it down for storage. If you'd like seed garlic or garlic to store we'll have it in the webstore as soon as its ready!

Using fresh garlic is much the same as regular garlic except that its very juicy, and it won't store well unless you keep it in the open.

Simple Kohlrabi Slaw

1 bulb kohlrabi, peeled and thinly sliced
4 tbsp rice vinegar
1 tbsp light oil
salt and pepper to taste

Cut thinly sliced kohlrabi into bite sized pieces and put into a bowl. Add vinegar and oil and toss. Season with salt and pepper. Can be served immediately or left to pickle for hours to days in the fridge.

Favas have a two step shucking process. First, to shell the beans, bend the tip of the pod and pull down the seam and "unzip" the pod to reveal the beans inside. Discard the fuzzy outer pod.

But you're not done yet! Now take the shelled beans and drop them in boiling salted water for 30 seconds to loosen the outer skin. Remove and place into ice water, and peel off the beans' thick waxy outer covering. Now they are ready to use in recipes.

Here's Niki's favourite simple recipe:

Over medium heat in a skillet, melt together 1TBSP each of butter and olive oil, then add 1 clove crushed garlic and sauté for 1 minute. Add the peeled fava beans and sauté for about 5 to 7 minutes, or until they are done to your preference. Season to taste with salt and freshly ground pepper, serve, and enjoy!

News From the Farm

Our U-pick for blueberries is open for the season. The picking is amazing and the berries are looking good! If you want flats of berries, they will be available soon on the webstore. To get to the webstore, go to our website: www.saanichorganics.com, and look under the box delivery tab. There's a purple button half way down the page that says: visit our webstore. Anything you purchase in the webstore will come delivered with your box.

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