



For the week of July 12, 2016

Beans
Blueberries
Chard
Dandelion

Garlic
'Mini' Lettuce
Green Onions
Salad Greens

This amazing rain has made our lives so much easier. Mid summer is a time of transformation on the farm, as spring crops come out and fall crops have to get germinated and transplanted. This is no easy task in the usual heat waves and dry spells of July. We're having an easy time of it!

Summer Dandelion Salad with Garlic Dressing

1 large head garlic, roasted
3 tablespoons extra-virgin olive oil
2 tablespoons balsamic vinegar
1 tablespoon lime juice
1/8 teaspoon salt
Freshly ground pepper to taste
6 cups bite-size pieces dandelion greens
tough stems removed, or a mix with lettuce
1/4 cup pine nuts, toasted
2 green onions finely minced
2 ounces goat cheese, crumbled

To prepare dressing: Roast garlic by slicing off the top to expose the cloves, slathering with oil, and roasting on a tray at 400°F for about 40 minutes. When cooled, squeeze roasted garlic pulp into a blender or food processor (discard the skins). Add oil, vinegar, lime juice, salt and pepper and blend or process until smooth.

To prepare salad: Transfer the dressing to a small saucepan and place over medium heat until warm, 1 to 2 minutes. Place dandelion greens (or lettuce) in a large

salad bowl. Pour the warm dressing over the greens and toss until they are wilted and coated. Add pine nuts, green onions and goat cheese and toss again, slightly melting the cheese with the warm greens. Season with pepper.

Simple Swiss Chard with Garlic

2 tablespoons olive oil
2 garlic cloves, thinly sliced
1 teaspoon crushed red pepper flakes
1 bunch chard, ribs and stems removed and reserved,
leaves torn into 2" pieces
Sea salt and freshly ground black pepper
1 tablespoon fresh lemon juice

Heat oil in a large skillet over medium heat. Cook garlic, stirring occasionally, until golden brown, about 2 minutes. Add red pepper flakes and half of Swiss chard, season with salt and pepper, and cook, tossing often, until wilted, about 4 minutes. Add lemon juice and remaining chard and cook, tossing, just until all chard is wilted, about 1 minute; season with salt and pepper.

News from the Farm

Northbrook Farm is open for U-Pick blueberries daily. 1438 Mt Newton Cross Road! The plants are laden!

Contact us: boxcoordinator@saanichorganics.com or 250-818-5807

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