



For the week of July 14, 2015

Arugula	Blueberries
Basil	Fennel
Beans	Grilling Onions
Beets	Kale and Squash

We've been really enjoying the farmers markets this year. Both Moss Street and James Bay are really happening spots, great music and really, really good food. Moss Street has been more demanding of its food vendors this year to have them use local produce in their offerings and you can sure tell. Its been fun for us to meet more of the food vendors because they hustle by in the mornings to get their goods from us.

### **Arugula and Beet Salad**

1 lb beets, boiled until a fork easily goes in it, about 25 minutes, peeled, sliced into strips  
1 bag arugula  
Goat cheese and chopped roasted walnuts

Dressing ingredients:

1/4 cup olive oil  
1/2 Lemon  
1/4 tsp Dry powdered mustard  
Salt and pepper

Assemble salad and dress to taste!

### **Classic Basil Pesto**

1 cup fresh basil leaves  
1/8 cup olive oil  
2 Tbsp cup pine nuts  
1 garlic clove  
1/8 cup freshly grated Parmesan cheese  
1/4 tsp coarse kosher salt

Combine first 4 ingredients in blender. Blend until paste forms, stopping often to push down basil. Add

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cheese and salt; blend until smooth. Transfer to small bowl. Can be made 1 day ahead. Top with 1/2 inch olive oil and chill.

### **Grilled Summer Squash and Onions**

1 lb summer squash, cut into 1" thick slabs or halves  
1 bunch grilling onions, cleaned with roots trimmed and 6" of greens left on  
1/4 cup extra-virgin olive oil  
2 tablespoons fresh lemon juice  
1 teaspoons coarse-grain mustard  
Salt and pepper to taste

Prepare grill for cooking over medium-hot charcoal or high heat for gas.

Toss squash and onions with salt, pepper, and 2 tablespoons oil in a large bowl.

Oil grill rack, then grill vegetables directly over hottest part of coals, covered only if using a gas grill, turning over once, until grill marks appear, about 6 minutes total. Move vegetables to area of grill with no coals underneath and grill, covered, until tender, about 4 minutes more. Transfer to a platter.

While vegetables are grilling, whisk together lemon juice, mustard, and remaining 2 tablespoons oil in a small bowl. Pour dressing evenly over vegetables before serving.

### **News From the Farm**

The blueberry u-pick is open at Northbrook Farm. Dawn to dusk picking, every day until the bluebs are gone. On Sundays the farm stand with veggies is open. 1438 Mt Newton X Rd.

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