



For the week of July 19, 2016

Beans
Beets
Blueberries
Chard

Chicory-Sugar Loaf
Cilantro
Japanese Turnips- Hakurei
Peas - shelling or snap

There's a lot of colour starting to show in the greenhouses - the reds and pinks and oranges of our many different kinds of tomatoes. The field peppers are starting to form and the corn has some tassels.

You know by now that we're big fans of the bitter greens (but don't panic because we've heard you and we've scaled them back in a big way). Sugar Loaf is the gateway drug of this whole new world of chicory because it's the sweetest and most succulent. The Italians aren't wrong! This stuff is amazing if prepared well. The easiest way by far is to rinse and thoroughly dry it. Remove the most outer leaves, quarter it lengthwise, toss it in olive oil and put it directly on the grill. Let it get soft and almost charred. Or, make a pizza.

Pan di Zucchero Pizza with Walnuts

Pizza dough or prepared crust
small handful walnuts
olive oil
1 large red onion, quartered and thinly sliced
1/2 head pan di zucchero (sugar loaf), finely chopped
3 garlic cloves, minced
pinch chili flakes
vinegar
3 oz fontina, grated

Toast the walnuts in a 350 degree oven until done..

Heat a skillet, add some olive oil, and saute the onion until softened and just starting to color, then add the pan di zucchero and the garlic. Saute until wilted, about 5 minutes, then finish with some salt, a generous pinch of chili flakes, and a small splash of red wine vinegar. Taste. Put all but a couple tablespoons of fontina on the bottom of the crust. Top with the pan di zucchero, then the walnuts, then the remaining cheese. Bake for 10 minutes. Check on the crust to make sure it's done, and pull it out and allow to rest a couple minutes before indulging!

Recipe from Mariquita Farm

Great ways to use chard: go classic: steamed with butter, cut into fine ribbons and add to omelettes and pasta sauces, chop roughly into stir fries, use it in quiches and lasagna, add to soups (so amazing with Terra Nossas chorizo sausage).

News from the Farm

It's hard to write news at this time of year because we're bleary-eyed with late nights preparing for market, long hours of moving irrigation lines and early mornings of crafting big to-do lists for the crew. The tough thing is to remember to enjoy every minute, to look up and relish the abundance around us. But then back at it because the weeds are about to engulf more new seedlings! So no news for you but this is good news.

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