



For the week of July 2, 2013

Arugula
Baby Beets
Carrots
Chard

Garlic Scapes
Green Onions
Lettuce
Sugar Snap Peas

We've got rust on our garlic this week. Its mostly a cosmetic problem but it can get into the bulbs if left too long. So, garlic harvest is on the agenda this week. These are the last scapes of the season.

Arugula Salad with Beets, Walnuts and Feta

Arugula is a delicious Italian herb/green with a peppery bite! It makes a wonderful salad combined with the sweetness of beets and nuts, a salty cheese, and a light vinaigrette. If you use young beets, they cook fairly quickly and you don't have to peel them.

Salad:

1 bunch arugula
1 bunch baby beets
1/2 cup feta or goat cheese
1/2 cup walnuts, chopped and toasted

Dressing:

1/3 cup olive oil
1/4 cup red wine vinegar
1/2 tsp mustard powder
1 tsp sugar
salt & pepper to taste

Wash beets and remove tops. Boil roots whole until easily pierced by a fork. Drain and let cool.

Toast walnuts and set aside. Combine dressing ingredients and set aside.

When beets are cool slice and toss with arugula. Sprinkle dressing over arugula and beets, add a little salt and pepper, and toss.

Top with crumbled goat cheese or feta and toasted walnuts.

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Fried Garlic Scapes

Cut scapes to green bean size and saute them in butter and salt for eight to ten minutes. During the last minute of cooking add about 1 tsp. of balsamic vinegar.

Sautéed Swiss Chard

1 1/2 tbsp. olive oil
1 1/2 tbsp. butter
1 garlic scape, finely chopped
pinch dried crushed red pepper
1 bunch chard, stems trimmed, leaves cut crosswise into 1/2-inch-wide strips

Melt butter with oil in heavy large pot over medium-low heat. Add garlic and crushed red pepper. Sauté until fragrant, about 1 minute. Add chard; stir to coat. Cover; cook until tender, stirring occasionally, about 8 minutes. Season to taste with salt. Transfer to bowl and serve.

News from the Farm

We lost a third bee hive this week to swarming. For some reason, perhaps their proximity to a giant ant hill, the bees don't want to stay in their new hives. The beekeeper explained that bees swarm at the beginning of a long clear weather pattern. They start preparing for the swarm a month ahead when they feed special larvae the royal jelly in order to make a new queen. As soon the queen hatches, they swarm. The beekeeper thinks that they have a very perceptive sense of the weather in order to undertake such careful planning. So much going on in the wee minds of bees!

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