



For the week of July 20, 2014

Sweet onion	Pickling or Little White Cukes
Parsley	Summer Squash
Blueberries	Lettuce
Beets	Kale
Beans	

Kale with Garlic and Parmesan

1 large bunch of kale
2 tablespoons extra-virgin olive oil
sea salt
5 cloves of garlic, crushed and chopped
1/4 cup Parmesan cheese
crushed red pepper flakes

Wash kale, remove inner ribs and tear into large pieces. In a large skillet heat the olive oil. Add a couple big pinches of salt and the greens. They should hiss and spit a bit when they hit the pan. Stir continuously until their color gets bright green, and they just barely start to collapse - two, three, maybe four minutes, depending on how hot your pan is and how much structure your greens have. Then, just thirty seconds before you anticipate pulling the skillet off of the heat, stir in the garlic. Saute a bit, remove the pan from the heat, stir in the Parmesan, and add a big pinch of crushed red pepper flakes. Taste, add a bit of salt if needed, and serve immediately.

News From the Farm

What a weekend we just had. Robin and Sasha were married and put on a weekend long party for their nearest and dearest, 160 strong! It was a true farm wedding, beautifully catered by dear friend Doug Mutch, with all farm veggies, chicken raised lovingly by Robin and Sasha especially for the event, oysters at the beach, blueberry pies covered in hearts, hayrides, games and dancing into the night. Toast after toast wished the bride and groom well. Tears were shed, laughs were laughed and good food was shared by all.

We've been busy this past week with planting deadlines for winter crops like carrots, beets, rutabaga, and collards. If we want have these veggies in your boxes in the winter they have to go in the ground right now. It's a big push but has to be done. Thankfully with the weather cooling off we have more energy and aren't as pressed with other tasks like keeping our thirsty crops hydrated!

Cucumber Salad with Roasted Peanuts

1/4 cup rice vinegar
1 T sugar
Salt and ground black pepper
1-2 lb cucumbers
1/4 red onion, thinly sliced
1 jalapeno pepper, thinly sliced
1/2 bunch of cilantro
2 T roasted peanuts

In a small pot heat the vinegar, sugar and pinch of salt and pepper till sugar dissolves. Remove from heat and let cool completely. Cut cucumber into slices about 1/4 inch thick and place in bowl with onion and jalapeno. Pour vinegar mixture over and stir well. Add more salt and pepper if desired. Let the salad stand at room temp for 30 minutes to blend the flavours. Just before serving mix in the chopped cilantro and top with the chopped peanuts.

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