



For the week of July 26, 2016

Beans  
Blueberries  
Mini Cukes  
Garlic

Kale  
Green Onions  
Parsley  
Summer Squash and Tomatoes

The farms are starting to take shape for winter. The winter carrots are starting to come up in the beds that were emptied of garlic, the brussels sprouts and winter broccoli are thriving in the empty potato beds, and beets are burgeoning where the spring spinach was growing.

The ritual summer breakfast on the farm is toasted tomato sandwiches - sourdough bread, thick sliced tomatoes and a little dill on top. Yum!

### Kale Salad with Grapefruit

1 pink grapefruit  
2 tablespoons extra-virgin olive oil  
Kosher salt and freshly ground black pepper  
8 cups thinly sliced kale (ribs and stems removed)  
1 avocado, halved, and sliced into 1/2-inch wedges

Using a sharp knife, cut peel and white pith from grapefruit; discard. Working over a small bowl, cut between membranes to release segments into bowl. Squeeze juice from membranes into another small bowl; add any accumulated juices from bowl with segments (there should be about 1/4 cup juice total). Whisk oil into juice and season to taste with salt and pepper.

Place kale in a large bowl and drizzle 3 Tbsp. dressing over. Toss to combine and let stand for 10 minutes while kale wilts slightly. Toss once more, then arrange grapefruit

segments and avocado slices over kale. Drizzle with remaining dressing and serve.

### Roasted Summer Squash

This recipe is great for a fast side dish for summer meals.

Assorted summer squashes, sliced in 1/4" thick  
1/3 cup olive oil  
3 tbsp balsamic vinegar  
1 clove garlic

Whisk together dressing. Place summer squash in a roasting dish in a single layer. Pour dressing over them to coat, allow to marinate as time allows, flipping a few times. Place on the grill, or in a heavy frying pan. Grill until well done.

### News from the Farm

This is a reminder about our webs tore where you can order some of summer abundance. We've got flats of tomatoes for sale: 10 lb for \$30. There's also summer squash and garlic, among other items. You can order them on-line and have them delivered with your box. Don't miss out on the summer goods!

Contact us: [boxcoordinator@saanichorganics.com](mailto:boxcoordinator@saanichorganics.com) or 250-818-5807

Website and webstore: [www.saanichorganics.com](http://www.saanichorganics.com)

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