



For the week of July 28, 2015

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| Beans | Garlic |
| Blueberries | Green Onions |
| Chard | Radishes |
| Cucumber | Salad Greens and Tomatoes |

Rachel looked almost relaxed when I saw her on Sunday. She got the day off watering, thanks to the rain. When the ground is moist, rain like we had on the weekend will penetrate. If the ground is too dry, rain will just run off or else not be able to penetrate enough to be useful. It was a very welcomed bonus!

Cucumber Salad with Radishes and Green Onions

6 tablespoons rice vinegar
4 tablespoons sugar
1 teaspoon salt
1 lb middle eastern cukes, halved lengthwise, thinly sliced crosswise
1 bunch radishes, thinly sliced
1 bunch green onions cut into matchstick-size strips

Dressing:

1/4 cup fresh lime juice
2 tablespoons soy sauce
1 tablespoon chili oil*
1 tablespoon (packed) golden brown sugar
1 teaspoon minced garlic

Mix first 3 ingredients in large bowl to blend. Add cucumbers and toss to coat. Let stand 1 hour, tossing occasionally.

Drain cucumber mixture. Return cucumbers to large bowl. Add radishes and green onions.

Whisk lime juice, soy sauce, chili oil, sugar and garlic in medium bowl to blend. Season dressing to taste with pepper.

Chard with Horseradish Sauce

1 bunch swiss chard
1 tablespoon olive oil
1/2 medium onion, thinly sliced
1/2 teaspoon salt
1/2 tablespoon bottled white horseradish (not drained), or to taste

Wash leaves well, then cut in half crosswise. Heat oil in a wide heavy pot (5- to 7-quart capacity) over medium heat until shimmering, then cook onion, stirring occasionally, until it begins to soften, about 5 minutes. Add leaves in handfuls, turning with tongs and adding more as previous batches wilt, until all leaves have been added to pot. Cover with lid, then reduce heat to medium and cook, stirring once or twice, until just tender (do not overcook), 2 to 3 minutes. Remove from heat and stir in horseradish.

News From the Farm

We have an amazing summer cover crop of buckwheat blooming at Sea Bluff. Technically, the cover crop of grain should never be allowed to live long enough to flower because its purpose is to enrich the soil with its green growth. Once it has reached the flowering stage, the cover crop will start using a lot of nutrition from the soil, and the stems will become coarse and harder to breakdown when they are turned back into the soil. However, we can't help it because the flowers are a draw for insects from miles around. There's a buzz in the air all around this acre of flowers, and millions (really!) of pollinators are feasting. What a sight!

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