



For the week of July 5, 2016

Beets
Blueberries
Fennel
Garlic

Kale
'Mini' Lettuce
Peas -shelling or snap
Salad Greens

I could be writing a recipe for "on-the-vine" tomato cooking, but it wouldn't be a very good one...First you get a new greenhouse, then you underestimate how well light permeates it (its been a while since I've farmed under new plastic). Close the greenhouse around 5pm on a sunny day. Let simmer for several hours. Ouch! Luckily it was only the fruit on the very tops of the plants, but possibly some of the flowers too. The learning never stops!

Beets Don't Kale my Vibe Salad

2 red beets, peeled and cut into 1/2 inch cubes
1 small red onion, diced into 1/2-inch cubes
3 tablespoons balsamic vinegar
2 tablespoons extra-virgin olive oil
1 tablespoon agave nectar
Salt and cracked pepper to taste
6-8 cups chopped kale
2-3 cups cooked wild rice, kept warm
2-3 grilled chicken breasts, diced and kept warm
4 oz goat cheese, crumbled
1/2 cup raw or roasted chopped pecans

Preheat the broiler. In a medium bowl, combine first 5 ingredients and toss to coat well. Place on a rimmed baking sheet lined with aluminum foil and broil until the beets are well browned and onions are caramelized, 7-8 minutes or until they have softened slightly. Combine the kale, rice, chicken, and beets in a large salad

bowl. Drizzle in the desired amount of vinaigrette, and toss well to coat all of the kale with dressing. Serve with crumbled goat cheese and pecans on top.

Salad with Shaved Fennel

3 tablespoons fresh lemon juice
1 teaspoon red wine vinegar
1 teaspoon anchovy paste
1/2 cup extra-virgin olive oil
1 bag salad greens and a mini lettuce
1 fresh fennel bulb, trimmed, halved, sliced paper-thin
1/3 cup oil-cured black olives, halved, pitted
2 cups Parmesan cheese shavings

Whisk first 3 ingredients in small bowl to blend. Gradually whisk in oil. Season dressing to taste with sea salt and pepper. Toss salad, lettuce, fennel, and olives in large bowl with dressing. Sprinkle cheese over.

News From the Farm

We've signed up for an advanced seed production workshop sponsored by Farm Folk City Folk and USC Canada. Its hard to convey to people just how important this skill is - seed is the whole base of our food system, and you, of course, know how riddled with issues it is. We're excited to spend some time learning with experts and the other seed savers in the area.

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