



For the week of July 7, 2014

Arugula	Middle Eastern Cukes
Blueberries!	Potatoes
Chard	Peppers
Dill	Shelling Peas
Lettuce	

Arugula Salad

Nice as a salad or a topping on pizza!

1/3 cup freshly grated Parmesan cheese
5 tablespoons extra-virgin olive oil
2 tablespoons halved fresh lemon juice
1 teaspoon finely grated lemon peel
4 cups (packed) baby arugula
1 cup cherry tomatoes

Blend first 4 ingredients in processor. Season dressing with salt and pepper. Transfer to bowl. Cover; chill up to 3 days. Combine arugula and tomatoes in large bowl. Toss with enough dressing to coat.

All recipes this week from Epicurious.com

News From the Farm

The Rainbow Chards marched proudly at the Pride Parade on Sunday. Saanich Organics is building a tradition of sponsoring some of our wonderful farmhands to show their true colours in the Pride Parade. It's a really fun time for all.

We're learning to harvest potatoes with our garden tractor. It's a bit nerve wracking because you literally have to drive right over the beautiful rows of plants with a plough. It seems like it will be a scene of mass destruction but the plough loosens the soil and gently turns the potatoes to the surface with less damage than with a fork. Amazing! For a picture have a look at our webpage.

Blueberries are here! There has been a blue hue in the field for a few weeks but the first chubby ripe ones are plenty now. U-Pick opens on Thursday. You can also order bulk berries by calling Heather.

Swiss Chard with Garlic

1 bunch kale or chard, leaves coarsely chopped
1 clove garlic, minced
1 tablespoon olive oil
2 tablespoons balsamic vinegar
Salt and ground black pepper to taste

Cook the greens in a large, covered saucepan over medium-high heat until the leaves wilt. Once the volume of the kale is reduced by half, uncover and stir in the garlic, olive oil and vinegar. Cook while stirring for 2 more minutes. Add salt and pepper to taste.

Cucumber Salad with Dill Dressing

1 medium cucumber, peeled, seeded, cut into 1/4-inch pieces
1/2 teaspoon salt
3/4 cup sour cream
2 tablespoons whole milk
2 tablespoons chopped fresh dill

Toss cucumber with 1/2 teaspoon salt in medium bowl. Let stand 30 minutes. Transfer to colander and rinse well. Pat cucumber dry with paper towels.

Mix cucumber, sour cream, milk and dill in small bowl. Season with salt and pepper. Cover and refrigerate 2 hours. (Can be made 1 day ahead. Keep refrigerated.)

1438 Mt Newton Cross Road
Saanichton, BC V8M 1S2
250-818-5807

admin@saanichorganics.com