



For the week of July 7, 2015

Beans	Green Onions
Blueberries	Kale
Cucumbers	Peppers
Garlic	Salad and Japanese Turnips

It feels like full summer bounty this week as the tomatoes are ripening in the greenhouses, cukes and beans are coming on, and the transition of the fields to late season crops has begun.

Garlicky Green Beans

1/2 pound green beans, trimmed
1 tablespoon olive oil
1 clove garlic, thinly sliced
2 tablespoons pine nuts
kosher salt and pepper

Bring a large pot of salted water to a boil. Add the green beans and cook until just tender, 3 to 5 minutes. Meanwhile, heat the oil in a large skillet over medium heat. Add the garlic and cook, stirring, for 1 minute. Add the pine nuts and cook until golden brown, about 3 minutes. Drain the green beans and transfer to the skillet. Add 1/2 teaspoon salt and 1/4 teaspoon pepper and toss to coat. Transfer to a serving bowl.

Japanese Turnips with Miso

2 tablespoons white miso
2 tablespoon unsalted butter, softened, divided
1 pound small (1 1/2-to 2-inch) Japanese turnips
with greens
2 green onions, finely diced
4 cups water
2 tablespoons mirin (Japanese sweet rice wine)
optional

Stir together miso and 1 tablespoon butter.

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Discard turnip stems and coarsely chop leaves. Halve turnips (leave whole if tiny) and put in a heavy bottomed pot along with water, mirin, remaining tablespoon butter, and 1/8 teaspoon salt. Bring to a boil over medium-high heat, then boil, covered, 10 minutes.

Add greens by handfuls, turning and stirring with tongs and adding more as volume in skillet reduces. Cover and cook 1 minute. Uncover and continue boiling, stirring occasionally, until turnips are tender, about 5 minutes. Stir in miso butter and let rest for a minute.

News From the Farm

Sea Bluff Farm just got full Certified Organic status this week! We had been in transition to Certified Organic for the past three years. Sea Bluff had been selling as “organic” for the past decade before Robin took over, however there were many problems that had to be cleared up: no records were kept, there were treated posts littered through the fields, treated corn seed was being used, ducks were free-ranging in the crops (fresh manure contamination) and no water tests had been done. Certification is as much about food safety best practices as it is about prevention of chemical contamination and the promotion of farming best practices. The certification committee, and our verification officer found things that not even Robin, a seasoned certified organic grower of 15 years could find. We’re grateful for the help, and we’re committed as ever to upholding this rigorous standard for the health and wellbeing of our customers and our soils.