



For the week of July 1, 2014

Beets	Lettuce
Chard	Peppers and Peas
Cukes	Raspberries
Fresh Garlic	Salad Greens

We've got a classic summer box for your Canada Day. We're happy to bring you raspberries from the new owners of Fig and Clover Farm. We were sad to see our friend Randy sell his land last year and move to the Okanagan to be with his kids, but the silver lining is that he sold it to Tim and Michelle who were keen to uphold his high organic standards and carry on with the farm. They have a beautiful blog with Michelle's incredible photos, which we encourage you to check out: www.figandclover.ca

We didn't trim the top off your garlic because its still in the process of drying. When you cut the top, the oils escape and the result can be overwhelming. Tip of the week: cut it right before using it!

Sautéed Chard with Garlic

1 bunch chard
1 small clove garlic, sliced
2 Tbsp olive oil
1 teaspoon butter
salt

Rinse the chard leaves and remove the toughest third of the stalk. Roughly chop the leaves into inch-wide strips.

Heat a saucepan over medium heat, add oil, and a few small slices of garlic. Sauté for about a minute. Add the chopped chard leaves. Cover. Check after about 5 minutes. If it looks dry, add a splash of water. Flip the leaves over in the pan, so that what was on the bottom, is now on the top. Cover again. Check for doneness after another 5 minutes (remove a piece and taste it). Add salt to taste, and a small amount of butter.

Baby Beet Salad with Peas

1 bunch baby beets
1 tbsp. olive oil
1 tbsp. green onions, minced
1/2 cup shelled peas
2 tbsp. balsamic vinegar
2 tbsp. olive oil

Preheat the oven to 400 degrees.

Mix the beets with the olive oil. Place them in a small baking dish and cover. Bake for 40 minutes or until the beets are cooked. Allow the beets to cool, then peel the skin off the beets with a knife. Slice the beets thinly on a cutting board.

In a small bowl, combine the beets, onions, peas, vinegar, oil and chives. Season with salt and pepper to taste. If possible, allow the flavors to marinate for at least one hour before serving. Serve on a bed of salad greens. Top with some goat cheese and walnuts.

News from the Farm

We had the first harvest of seed of the year: red Russian kale. We overwinter the plants, and in the spring we select about 50 of the best: ones that handled the winter well, that have nice colour and flavour and look bountiful. Those get transplanted out into our seed beds where they are allowed to flower, and set seed. We harvest them by cutting the dried pods onto tarps. We thresh the seed and then clean it by winnowing it with a fan. It is then shared by all of us, and some is sold to small seed companies and at our stand at the market. Locally adapted seed is an essential for a changing climate, and it puts our minds at ease that we won't lose access to our favourite varieties.

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