



For the week of July 14, 2014

Baby beets	Kale
Blueberries	Lettuce
Cilantro	Napa Cabbage
Mid-Eastern Cukes	Sweet Grilling Onions
Fennel	Zucchini

This heat is spurring on the warm weather crops: blueberries, cukes and summer squash, and we had our first ripe tomato on the weekend! The boxes keep getting better!!

Noémie, one of our staff at Sea Bluff, is always making amazing salad dressings. They are so alive and spontaneous. Its hard to pin her down to exact proportions but here is our best rendition:

Cilantro Salad Dressing

½ cup olive oil
1 tbsp apple cider vinegar
1 bunch cilantro
½ a lime
1 clove garlic
salt and pepper
1 tbsp nutritional yeast

Buzz it up with a hand blender and boom!

Growing Napa cabbage in the summer is a recipe for disaster – the seedlings are prone to fungal diseases, it bolts, everything wants to eat it...but when all goes well, it is a delight! Thanks Heather!

Napa Cabbage Slaw with Cilantro Dressing

1/4 cup rice vinegar (not seasoned)
2 teaspoons sugar
1 teaspoon grated peeled ginger
2 tablespoons vegetable oil
1 fresh serrano chile, finely chopped, with seeds
1 small head Napa cabbage (1 1/2 pounds), cored and cut crosswise into 1/2-inch slices
1 bunch scallions, sliced
1/2 cup coarsely chopped cilantro

Whisk together vinegar, sugar, ginger, oil, chile, and 1/2 teaspoon salt. Add remaining ingredients and toss well. Let stand, tossing occasionally, 10 minutes.

Fennel in White Wine

1 bulb of fennel, quartered
2 tbsp butter
1 or 2 cups white wine

In a deep skillet, sauté the fennel bulb in butter until nicely coated and starting to soften. Add white wine and steam until the fennel is tender and well infused with the wine. Use the fronds in tea, salad and stirfry.

News From the Farm

Our online "web store" is now open! When you sign into your "Farmigo" account you can visit the web store to add extra produce to your box delivery. You can add small amounts of items if you just want a little extra, or bulk orders if you're into jamming and canning! For example, right now we have lots of blueberries if you want to freeze some for winter, as well as excellent pickling cucumbers, and soon we'll have tomatoes. If you don't go through our web store you can also contact Niki by email or phone to place additional orders.

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

admin@saanichorganics.com