



For the week of July 21 2015

Beets	Parsley
Squash	Garlic
Blueberries	Chard
Beans	Cabbage
Fennel	Cucumbers

Summer Squash with Southwestern Flavours

- 2 Tbs. extra-virgin olive oil
- 1 large or 4 small/med summer squashes, trimmed and cut into slices about 1/8 inch thick
- 2 medium to large ripe tomatoes, chopped
- 1 red onion, chopped
- 2 garlic cloves, chopped
- 1/4 fresh green chili, minced
- 1/4 tsp. ground cumin
- Sea salt, to taste
- Juice of 1/2 lime (1 Tbs)
- 1 Tbs. chopped fresh cilantro

In a fry pan over medium heat, warm the olive oil. Add the squash slices and sauté until they just color lightly, about 1 minute. Add the tomatoes, onion, garlic, chili, cumin and sea salt. Increase the heat to medium-high and cook until the squashes are tender-crisp, a few minutes more.

Remove the pan from the heat and stir in the lime juice. Taste and adjust the seasonings with chili, cumin, salt or lime juice. Transfer to a serving dish, sprinkle with the cilantro and serve immediately. Adapted from Williams-Sonoma Collection Series, *Vegetable*, by Marlena Spieler (Simon & Schuster, 2002).

Fennel Parmesan Salad

- 1 young, tender fennel bulb
- 1/2 lb. firm fresh button mushrooms
- 3 Tbs. lemon juice
- 1 1/2 Tbs. extra-virgin olive oil
- 1 Tbs. chopped fresh flat-leaf parsley
- 1/2 tsp. salt

- 1/2 tsp. freshly ground pepper
- 8 large, attractive butter lettuce leaves
- Wedge Italian Parmesan cheese

Cut off the stems, feathery tops and bruised outer stalks from the fennel bulb. Using a mandoline or sharp knife, cut crosswise into paper-thin slices. You should have about 2 cups. Place in a bowl.

Trim the stem from each mushroom to make a clean, flat surface, then cut the mushrooms into paper-thin slices. Add to the fennel along with the lemon juice, olive oil, parsley, salt and pepper. Toss gently to coat evenly.

Divide the lettuce leaves evenly among 4 individual plates, making a bed on each plate. Then divide the fennel and mushroom mixture evenly among the plates. Using a vegetable peeler, cheese plane or very sharp knife, shave 4 or 5 pieces of Parmesan from the cheese wedge directly onto each plate. You will need about 2 oz. total for the shavings. Serve immediately. Adapted from Williams-Sonoma Lifestyles Series, *Cooking from the Farmers' Market*, by Georgeanne Brennan (Time-Life Books, 1999).

News From the Farm

Just when we're ready for a rest, things are ramping up. All our hard work of Spring is coming to fruition now; there are cucumbers and beans, tomatoes and squash, tomatillos, eggplant, fennel, basil, plums, even blackberries quietly waiting to be picked along the edges. Winter root crops need to be sown now and they can't wait...and then there's the WEEDS. We need an extra day in the week just to tackle them...any volunteer weeders out there?

250-858-2767

boxcoordinator@saanichorganics.com

1438 Mt Newton Cross Road, Saanichton V8M 1S1



For the week of July 21 2015

Beets	Parsley
Squash	Garlic
Blueberries	Chard
Beans	Cabbage
Fennel	Cucumbers

250-858-2767

boxcoordinator@saanichorganics.com

1438 Mt Newton Cross Road, Saanichton V8M 1S1



For the week of July 21 2015

Beets	Parsley
Squash	Garlic
Blueberries	Chard
Beans	Cabbage
Fennel	Cucumbers

250-858-2767

boxcoordinator@saanichorganics.com

1438 Mt Newton Cross Road, Saanichton V8M 1S1