



For the week of July 22, 2013

Blueberries	Green Onions
Cabbage	Lettuce
Chard	Parsley
Cucumber	Salad Greens
Fava Beans	

The move toward winter planning has started at our farms this week. We're in the midst of clearing out summer crops so we can have beds free to plant our winter carrots, beets, turnips, rutabagas and onions. The tall garlic has been pulled out and replaced with bright green newly germinating sprouts.

Cold Cream of Fava Bean Soup

Yum! The taste of summer!

1 lb. shelled fresh young favas
2 tbsp. butter
4 tbsp. olive oil
2 medium yellow onions, peeled and chopped
1 russet potato, peeled and thinly sliced
6 cups Chicken Stock, hot
1 cup heavy cream
Salt and freshly ground white pepper

Put favas and 4 cups cold water into a pot, bring to a boil, then simmer over medium heat until tender, 15–20 minutes. Drain favas and set aside.

Melt butter in 1 tbsp. of the oil in a heavy medium pot over medium heat. Add onions and cook until soft. Add potatoes, cooked favas, and remaining 3 tbsp. oil and stir well. Reduce heat to medium-low and cook for 5 minutes. Gradually add hot stock to pot, gently stirring as you do. Cook until potatoes are about to disintegrate, 45–50 minutes. Purée vegetables and stock together in a blender until smooth.

Transfer soup to a large bowl, cover, and refrigerate until cold. Whisk in cream and season to taste with salt and pepper. Serve soup garnished with a drizzle of heavy cream, if you like.

Lemony Chard with Pine Nuts

1 Tbsp. olive oil
1 shallot, minced *
3 cloves garlic, minced
1 bunch rainbow swiss chard, coarsely chopped
1 lemon, juiced
2 Tbsp. toasted pine nuts

Heat a large pan over medium heat and add the oil. Sauté the shallot and garlic until the shallot is translucent. Add the greens and allow them to slowly wilt down, stirring occasionally. Squeeze the lemon over the chard and season to taste with salt and pepper. Toss with toasted pine nuts and serve.

* Robin's shallots are still in the ground but they are huge which is so exciting because she's been wanting to grow shallots her whole 14 years of farming and has consistently failed, yet never stopped trying. It just goes to show ☺

Both recipes this week from Saveur.com

News from the Farm

Vampire issues? We can help! We've never had enough garlic before to offer our box customers bulk sales. If you'd like to fortify your home with a bushel or two of garlic check out our webstore from our website

Plans are in place to host a long table dinner at Northbrook farm as a fundraiser for our new cooler which is already in use and making our lives so much better. Stay tuned for a final date. We're excited about having you all out to the farm for a tour and a chef prepared meal!

818-5807

info@saanichorganics.com

1438 Mt Newton Cross Road, Saanichton V8M 1S1