



For the week of July 28, 2014

Beans	Lettuce
Dill	Potatoes
Carrots	Tomatoes
Chard	Blueberries

Chard with Olives and Caramelized Onion

1 large yellow onion, chopped
2 tablespoons olive oil
1 teaspoon brown sugar
1 bunch chard, rinsed and chopped
1/4 cup kalamata olives
2 tablespoons capers
1/2 teaspoon coarse sea salt, or to taste
freshly ground black pepper to taste
juice of one lemon

Cook onions in olive oil in a skillet over medium-high heat until they begin to brown. Stir in brown sugar, and continue cooking for a few minutes. When onions are brown and tender, stir in chard and olives. Cook until chard is slightly wilted. Stir in capers and salt, and continue cooking until chard is completely wilted, about 3 minutes. Season with black pepper and squeeze lemon over the top.

News From the Farm

We've got a tour of Cuban farmers coming out next week. They want in learning to save seed on mixed vegetable farms, and sadly enough, there are very few training resources in this area. Since most of the veggie varieties commonly cultivated are not native to Cuba, there is no traditional knowledge around seed. USC Canada, an NGO that focuses on seed for food production, is sponsoring them to tour some farms in BC who are doing just this. It seems weird that we've been chosen as one of the teaching farms because we've only been seed saving in earnest for the past 5 years, but genuine production and seed operations are that rare, and then there's the problem that a lot of seedy folks are just shy and/or overwhelmed. We're excited to share what we know and learn what the Cubans are doing themselves.

We've got tomatoes for you this week! Its pretty exciting to walk into a beautiful greenhouse with the vines towering to the roof: the smell of the plants is inviting, and then the colours of the many varieties are tantalizing but the real treat is eating the sun warmed fruit.

Toasted tomato sandwiches don't really need a recipe, but they are highly recommended, especially with a sprig of dill.

New potato salad with lemon dill dressing

2 lb New potatoes, washed, but not peeled
Kosher salt to taste
2 Eggs, hard boiled & chopped
3 Green onions, chopped
2 TBSP Fresh dill, chopped
1/4 cup Heavy or whipping cream, well chilled
1/2 cup Mayonnaise
1.5 tsp Dijon mustard
1.5 TBSP Fresh lemon juice
2 tsp Fresh grated lemon zest
Salt and pepper to taste

Cover potatoes with water by an inch or two, add a large pinch of salt and bring to a boil. Cook for 20 mins or until tender, and drain. When potatoes are at room temperature, cut into 3/4 inch chunks and put them in a mixing bowl. Add the eggs, green onions, and dill and fold gently to distribute; set aside. In a small bowl, whisk the cream until frothy but not at all stiffened. Whisk in the mayonnaise and mustard. Add the lemon juice, zest, 1/2 tsp salt & pepper to taste. Pour the dressing over the salad and fold in. Taste for seasoning. Serve, or cover and chill for up to a day. Enjoy!

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