



For the week of July 29 2013

Basil	Lettuce
Beans	Potatoes
Cucumber	Strawberries
Fennel	Tomatoes
Garlic	

Rachel has been harvesting little crops from her new fruit trees, the most successful are the Italian plums. She planted the trees six years ago when she first moved on to Three Oaks Farm. The fruit trees are giving us visions of the future of Saanich Organics when we have bountiful fruit-laden boxes.

### **Classic Basil Pesto**

2 cups of loosely packed basil leaves  
1/2 to 2 cloves of garlic, crushed  
2 tablespoons pine nuts, lighted toasted in a skillet  
1/2 cup extra virgin olive oil  
1/2 cup grated Parmesan,

Combine basil, salt, garlic, nuts and about 1/2 the oil in the food processor and whirl. Scrape down the sides of the container occasionally. Add oil gradually, and add extra if you prefer a thinner mixture. Stir in Parmesan by hand just before serving.

### **Grilled Fennel on the BBQ**

Cut fennel in half and separate layers. Toss it in olive oil, salt and pepper and balsamic vinegar. Put slices right on to the BBQ and grill over medium heat for 15-20 minutes.

Serve alongside other grilled veggies or use for a salad topping.

### **Honey Fennel Dressing**

1/2 cup olive oil  
1/4 cup lemon juice  
2 tbsp honey  
1/4 cup tahini  
handful of chopped fennel greens  
1/4 cup of ground pumpkin seeds

**818-5807**

salt and pepper to taste

Combine all ingredients in a food processor or with a hand blender.

### **Roasted Garlic**

1 large bulb garlic  
1/4 cup water  
1 tablespoon olive oil

Heat the oven to 375. Without breaking the heads apart, remove much of the papery coating. Place the garlic and water in a small baking dish: sprinkle with salt, and drizzle with olive oil. Bake, basting with the water and oil mixture after about 30 minutes. Bake until garlic is soft (you'll be able to pierce it with a thin bladed knife), about 1 hour total. Squeeze the baked cloves onto nice crusty bread, and spread with a knife.

### **News from the Farm**

Chicken Day has come and gone. We raise chickens for meat for our families each year, and there comes a day when...you know where this is going. Fortunately we have a lot of the apprentices from our farms and others in the organic community who really want to learn the life skill of processing chickens. It is a sombre day of learning but it inspires great conversation. If meat eaters had to kill before every meal, would they eat it so regularly? This was food for thought as we worked our way through the 30 birds in an afternoon. We enjoyed a vegetarian lunch!

[info@saanichorganics.com](mailto:info@saanichorganics.com)

**1438 Mt Newton Cross Road, Saanichton V8M 1S1**