



For the week of July 9, 2013

Baby Beets	Potatoes
Garlic	Sugar Snap Peas
Kale	Blueberries
Lettuce	

We've got blueberries for you this week! Heather's patch at Northbrook is looking healthy for a second year in a row. We're crossing our fingers. For several years she was plagued by a fungal disease that atrophied the fruit. Her research into cultural practices and an organic fungus treatment have paid off. In other news, tomatoes are starting to blush in the greenhouses.

Kale with Garlic

1 bunch kale leaves coarsely chopped
1 clove garlic, minced
1 tablespoon olive oil
2 tablespoons balsamic vinegar
Salt and ground black pepper to taste

Cook the greens in a large, covered saucepan over medium-high heat until the leaves wilt. Once the volume of the kale is reduced by half, uncover and stir in the garlic, olive oil and vinegar. Cook while stirring for 2 more minutes. Add salt and pepper to taste.

Baby Beet Salad with Snap Peas

1 bunch baby beets
1 tbsp. olive oil
1 tbsp. green onions, minced
1 cup snap peas, stems and strings removed
2 tbsp. balsamic vinegar
2 tbsp. olive oil

Preheat the oven to 400 degrees.
Mix the beets with the olive oil. Place them in a small baking dish and cover. Bake for 40 minutes or until the beets are cooked. Allow the beets to cool, then peel the skin off the beets with a knife. Slice the beets thinly on a paper plate on top of a cutting board to

prevent the beets from staining the cutting board. In a small bowl, combine the beets, onions, peas, vinegar, oil and chives. Season with salt and pepper to taste. If possible, allow the flavors to marinate for at least one hour before serving. Serve on a bed of salad greens. Top with some goat cheese and walnuts.

Roasted Potatoes with Rosemary and Dijon

2 lb potatoes cut into quarters
¼ cup whole grain mustard
2 cloves garlic, crushed
3 Tbsp olive oil
1 Tbsp lemon juice
1 Tbsp chopped fresh rosemary

Toss potatoes with the mustard mixture and salt and pepper. Spread out on a parchment lined cookie sheet. Roast at 425°F for 35-40 minutes.

News from the Farm

We're getting our produce out to a lot of outlets this summer. We're at Moss Street, James Bay and Hudson markets. Robin has a farms tand Saturday and Tuesdays at Sea Bluff Farm in Metchosin, and now Heather is going to be putting produce on her blueberry stand for the duration of blueberry season, probably until the end of September.

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