



For the week of June 21, 2016

Arugula Blend
Beets
Chard
Garlic Scapes

Green Onions
Lettuce
Peas
Salad Greens

Happy Solstice to all. We hope you can take time out this week to enjoy the peak of the light. I always feel that Solstice is the peak of our farms- the garlic and potatoes are ready to come out, and the squash plants are full. Everything is full of vigour and healthy and calling for folks to come and admire!

Swiss Chard and Pecan Pesto

1/2 cup olive oil, divided
1 bunch chard
4 garlic scapes, finely minced
1 cup basil leaves
1 cup pecans, toasted
1/2 teaspoon sea salt
1 tablespoon lemon juice
1/2 cup grated Parmesan cheese
salt and ground black pepper to taste

Process the basil, pecans, sea salt, Parmesan cheese, and remaining olive oil in a food processor until all the ingredients are well integrated. Add the Swiss chard mixture and the lemon juice to the food processor; continue chopping until the mixture is pureed. Season with salt and pepper.

Hollyhock Salad Dressing

1/3 cup cider vinegar
1/3 cup water
1/3 cup tamari
1-4 cloves garlic, minced
1/2 cup nutritional yeast flakes
1 1/2 cup vegetable oil
Place cider vinegar, tamari, garlic and nutritional yeast in a blender and combine. With blender running, pour in oil to reach desired consistency.

News From the Farm

We were scratching our heads as we watched our arugula bed mature. Along with the round scalloped leaves we saw some mizuna mustard greens...What happened? As far as we can deduce, our seed got mixed up in our new winnowing machine. We have a machine that separates our farm-grown seeds from the rest of the plant material. Since arugula doesn't cross with other plant families, it couldn't have happened in the field. We are just getting used to our new seed cleaning equipment and this is a growing pain. We'll know now to double check for residual seeds from the last crop hiding out in the workings!

Contact us: boxcoordinator@saanichorganics.com or 250-818-5807

Website and webstore: www.saanichorganics.com

Mailing Address: 1438 Mt Newton Cross Road, Saanichton V8M 1S1