



For the week of June 28, 2016

Carrots
Fresh Garlic
Green Onions
Kale

Lettuce
Peas
Potatoes
Salad Greens

The potato harvest time is my favourite time of year! Hidden treasure emerges from the soil. Boil them up carefully - barely 5 minutes and savour their buttery goodness. Garlic harvest is another satisfying activity. We separate out the garlic into three piles: the biggest and nicest for seed, the medium size for sales and the runts for family and friends. Fresh garlic works well in dressings because its so juicy and the flavour well.

Kale Caesar Salad

2 cloves garlic
2 teaspoons anchovy paste
1 tablespoon lemon juice
1/2 teaspoon Dijon mustard
1 large egg yolk
1/3 cup extra-virgin olive oil
1/4 cup freshly grated Parmigiano
1 bunch kale, stems removed, cut into 1/4-inch strips

Place the garlic, anchovy fillets, salt, and pepper in a large bowl. Using two dinner forks or a muddler, mash to form a paste. Using one fork, whisk in lemon juice, mustard, and egg yolk. While whisking, drizzle in olive oil and continue to whisk until emulsified. Work dressing into kale leaves by gently kneading them in it. There may be extra dressing. Refrigerate or serve immediately, add croutons and toss.

Potato Salad

2 lb waxy potatoes, boiled until tender
2 eggs, hard boiled and peeled
1 tbsp wine or cider vinegar
1/2 a red onion, cut into small dice
1/4 cup olive oil
1 tbsp each chopped chives and chopped parsley
Salt and Pepper

Chop up onion and let it sit in vinegar to mellow. Cool potatoes and cut into bite-size pieces. Chop up eggs and gently stir into the potatoes. Stir oil into vinegar and onion mixture and mix all ingredients together carefully. Season with salt and pepper. My mother-in-law adds in diced dill pickles to very good effect.

News From the Farm

On the weekend, I attended a work party for Rebecca Jehn, one of the founders of Saanich Organics. Rebecca is one of the pioneers of the organic community and we're happy to answer the call when she needed help. Although work parties aren't as common now as they were in the early days of the organic movement, they are still an option for farmers when a crisis arises and extra help (and emotional support is needed). It is so true that many hands make light work!

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