



For the week of June 10, 2014

Carrots	Kohlrabi
Chard	Lettuce
Fennel	Strawberries
Green onions	Sunflower Sprouts

We hope you'll be enjoying your garlic scapes as much as we are. Each year we're getting more and more versatile with them. Right now as they're fresh, they are excellent cut into stirfries, almost like garlicky green beans, or just tossed in oil and roasted whole-head and all. As they get older, make them into garlic scape pesto. We'll give you that recipe next week!

We had Chef Michael Williams doing a fennel salad demo for us this week at Moss Street Market as part of the Chef Stage series. It was amazing and really fast to make! You can come and see cooking demos every Saturday at Moss Street starting at 11 am.

Fennel and Red Pepper Salad

1 red pepper, thinly sliced
1 fennel bulb (cut in half and very thinly sliced)
1 tbsp of fennel greens, from the top of the fennel, chopped

Dressing

2 tbsp of rice wine vinegar
2 tbsp extra virgin olive oil
2 tbsp orange juice
½ tsp of ground fennel seed
2 pinches of pepper
2 pinches of salt

Mix all ingredients for the dressing and set aside. Combine all veggies in another mixing bowl and then add about 2 tbsp of the dressing. The remaining dressing can be stored in the fridge for when you need to make this salad again tomorrow!

Kohlrabi is amazing raw and peeled on its own or with a little dressing as a dip. If raw isn't your style, try this yummy recipe:

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Roasted Kohlrabi with Garlic

1 lrg kohlrabi bulb, peeled
1 tablespoon olive oil
1 garlic scape, minced
salt and pepper to taste
1/4 cup grated Parmesan cheese
Preheat an oven to 450 degrees.

Cut the kohlrabi into 1/4 inch thick slices, then cut each of the slices in half. Combine olive oil, garlic, salt and pepper in a large bowl. Toss kohlrabi slices in the olive oil mixture to coat. Spread kohlrabi in a single layer on a baking sheet. Bake in the preheated oven until browned, 15 to 20 minutes, stirring occasionally in order to brown evenly. Remove from oven and sprinkle with Parmesan cheese. Return to the oven to allow the Parmesan cheese to brown, about 5 minutes. Serve immediately.

News from the Farm

We want to give a tribute to our friend and colleague Susan Tychie of Share Organics who is retiring this month. We go way back with Susan to the beginning of her business 15 years ago. She used to come and pick up our produce at our farms when she operated Share Organics out of her basement in Oak Bay. She has been a strong advocate of local produce and a real ally in building the movement. Share Organics has supported many of our initiatives from fundraising barn dances, to marching with us in rallies and to helping us access bigger markets. We're really sad to see Susan go but we know she will remain where her heart is, and we'll see her as usual at the farmer events. Susan has passed on Share Organics to some good folks: Jeremy and Hannah, who are keen to build on the legacy. We look forward to working with them.

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