



For the week of June 16, 2014

Carrots	Kale
Cilantro	Spinach
Escarole	Strawberries
Green onions	Sweet Peppers

### **Cilantro Pesto**

This pesto is amazing with crusty Italian bread, but can also serve as a dressing for chicken, pasta or beans.

1 cup fresh well-packed cilantro leaves  
1 tomato, chopped (about 1 cup)  
1 garlic clove, pressed or minced  
1 tablespoon toasted pine nuts  
1/2 teaspoon salt

Rinse and drain cilantro leaves. In a food processor, puree the cilantro, tomato, garlic, pine nuts and salt until smooth.

### **News from the Farm**

We finally found a cube van for Saanich Organics! We've been shopping all winter for a refrigerated cube van and its been tough to find the right size, in good shape, in our price range. We had to make a few concessions but we came away last Friday with a nice truck, minus the refer, but we're going to adapt one to suit us. A big project indeed but we're relieved because the harvests keep getting bigger, and last week Atley had to make two trips because it wouldn't all fit in our old van!

We've been holding off taking new customers but now we've got the capacity and the fields have kicked into high gear. If know anyone who wants a box, or who could use wholesale produce in their business, please send them our way!

Our chickens had a close encounter with an eagle last evening. The chickens escaped from our chicken tractor (a moveable bottomless pen that we move around fallow areas) and were spied by the eagle. As he swooped down and landed, four of us dashed out and did the 500m sprint. Luckily no birds were lost but there was a scattering of feathers on the ground. The interesting thing to me was that the eagle had a lot of time to follow 25 chubby, slow moving targets and he still couldn't get one?!

Garlic scapes can be used everywhere! fry them up and chop them like green beans into soups or stirfries, make them into pesto (our favourite is half roasted, half raw) or pickle them!

The sweet peppers are from the greenhouse at Sun Trio. It's a great treat to have them so early!

### **Escarole Salad with Lime Vinaigrette**

3 tablespoons olive oil  
2 tablespoons fresh lime juice  
1 serrano chile, minced  
8 cups salad mix with cut escarole leaves  
1 (15-ounce) can cannellini (white kidney beans), drained, rinsed ( or cook and add ours!)  
1/2 cup Kalamata olives, pitted, halved  
1/4 cup toasted pine nuts

Whisk first 3 ingredients in small bowl. Season dressing with salt and pepper. Toss salad mix, beans, and olives in large bowl. Pour dressing over; toss. Divide salad among plates. Sprinkle with pine nuts and serve.

818-5807

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

1438 Mt Newton Cross Road, Saanichton V8M 1S1