



For the week of June 15 2015

Broccoli	Lettuce
Garlic Scapes	Snap Peas
Green Onion	Spinach
Herbs	Radishes
Kale	

The Solstice is nearing and this is an interesting time for the plant world. Ever wonder why sometimes your plants go to seed right away while other times they hold? It has to do with a plant's inner clock that is set with day length. As plants get closer to the longest day of the year, they feel the need to set seed. If they are planted after the longest day, they tend to want to hang on for next year. This is a key to understanding timing for winter planting!

Crispy Kale

This is a repeat recipe –a popcorn replacement! Really yummy although it feels like a weird thing to do with greens!

6-8 cups chopped fresh kale, hard stems removed
2 Tbsp. olive oil
1 tsp. apple cider vinegar
1/2 tsp. sea salt

Preheat oven to 350 degrees. Spread kale out on a baking sheet. Drizzle with olive oil and apple cider vinegar. Toss to coat completely. Place on the lowest rack of the oven and bake for 10 minutes. Remove from oven and stir so that kale can get crispy all over. Bake another 8 to 12 minutes or until kale is crispy. It should be just lightly browned and crispy to the touch. If kale still bends, rather than crackles, when you touch it, it isn't done yet. Return it to the oven. Turn down the heat if it is getting too brown. Continue cooking until crispy. Remove from oven, sprinkle with salt and serve immediately

Roasted Radishes

Cut the radishes in half and rub them with a mixture of olive oil and balsamic vinegar. Sprinkle with salt and pepper. Roast at 400 for 25 minutes or until soft.

Garlic Scape Pesto

1/4 cup grated Parmesan cheese
1/4 cup pine nuts
1 tbsp. lemon juice
3-4 scapes
1/4 cup olive oil
Salt to taste

To prepare scapes, rinse and remove the upper inch or so of the flowering head. Puree scapes and olive oil in a food processor until smooth. Stir in Parmesan and lemon juice and season to taste.

News From the Farm

We're having an open farm day at Sea Bluff Farm in Metchosin on Saturday June 27th from 11-2pm and you're all invited. We're going to have farm tours, hay rides, games and some cooking demos. Sound like fun? It will be! 565 Wootton Rd. Bring a picnic, and sturdy shoes.

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