



June 18, 2013

Cilantro	Lettuce
Fava Beans	Salad Greens
Green Onions	Strawberries
Siberian Kale	Japanese Turnips
Purple Kohlrabi	

We're starting our first mid-week market at the Hudson this week. We'll be selling outside the building from 11-3pm, every week until further notice.

We've got fava beans in the boxes this week. They are easily prepared by shelling and then skinning the beans, and then lightly steaming them for 5 minutes. Olive oil, lemon juice and salt accentuate their flavour.

Breakfast Fava Spread

1 lb. fava beans, shucked and skinned
1 1/2 tablespoons olive oil
1/2 a small onion, chopped
1 small tomato, diced
1/2 teaspoon ground cumin
2 tbsp. finely chopped fresh parsley
2tbsp. fresh lemon juice
salt and pepper to taste
ground red pepper, to taste

Steam the beans for 5 minutes, and slit skins with your thumbnail to remove them. Heat oil in a skillet and add onion and cumin. Cook until translucent.

Add tomato and favas, and simmer for about 10 minutes, or until well done. Let cool. Mash together with parsley, lemon juice, salt, pepper, and red pepper. Serve warm with grilled pita.

The best way to eat **kohlrabi** is raw. Remove the leaves and peel the purple outer layer. Trim the tough layer on the bottom side. Then slice and enjoy as an appy, or cut into batons on a salad. It also makes a nice slaw.

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Kale Chips Asian Flavor

1 bunch kale leaves
2 1/2T olive oil
2T or Tamari 1T+1/2t maple syrup
1T apple cider vinegar
1/4t garlic powder
1/16t chili
pinch sea salt

Gather sauce ingredients in a bowl and mix well. De-stem kale and tear leaves in bite size. Gather sauce and kale leaves and mix gently by hand until well seasoned. Place seasoned kale leaves in a dehydrator and dry them at 115F for 8-12 hours until crispy. If you would like to add one more "love", after a few hours dehydration process starts, check inside, flip over kale leaves.

News from the Farm

Its Zero Plastic Week. Heather wrote up a great blog on our website about how we struggle with use of plastic on the farm and how we can all make changes to do without. As in most things, consumers drive change. We'd like to use less plastic but we realize that sanitation and convenience are real issues of concern.

We use the plastic top sheet in the box to try and make do without bagging everything. If you return this sheet in your box, we will re-use it. If you have any suggestions about how we can make do with less plastic, we want to hear about it.

We're still adding new box customers, so if you know someone who would like to be on our program, please send them our way. Tell them to use promo code: HFHF (Healthy Food, Healthy Families) for a discount.

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