



June 2, 2015

Dandelion Greens	Pac Choi
Garlic Scapes	Sweet Pepper
Kale	Salad Greens
Kohlrabi	Strawberries
Lettuce	

Welcome to the summer season of the box program. We've been working hard all spring to plant our fields and now the harvesting can begin in earnest! The peas are in full flower: that means fat and juicy snap peas in 3 weeks! The cilantro is about ready to cut and the tomatoes are full of flowers. It will be an early season for the tomatoes (July), and with any luck, a long harvest. Cheers to good eating this summer. If you just can't get enough in the box program, there's always our web store and we're at Moss and James Bay markets on Saturday.

Fear not the bitter greens like dandelion and endive. They give a spectrum of flavour that is truly divine. You may want to check out the endive salad (ours of course) on the menu right now at Part and Parcel – woah! Definitely a gateway to the Italian chicory family.

Dandelion Greens Sauté

1 bunch dandelion greens
3 tablespoons olive oil
2 garlic scapes, minced
1/4 cup sesame seeds, toasted
1 tablespoon toasted sesame oil

Wash and slice the greens. Boil a pot with enough water to be able to submerge the greens to blanch them for one minute. Blanching is essentially just soaking the greens in boiling water to soften their cells. Drain.

Heat a skillet over medium heat, and sauté greens in the olive oil for 3-4 minutes, then add the sesame and garlic. Sauté for couple minutes more. Toss with sesame oil and serve.

A note about garlic scapes: these are the emerging flower of the garlic plant that is filled with the juicy goodness from the root. They can be roasted whole, much like asparagus, after being tossed in olive oil, salt and pepper. They can also be minced and used exactly like garlic in any recipe.

A note about kohlrabi: don't cook these sweet little butter balls! They are perfect peeled and sliced on a tray for snacking, or chopped into a salad. They taste like the upper stem of broccoli.

Ginger Peanut Soba Noodles

One package soba noodles, prepared as directed
1/3 cup soy sauce
1 Tbsp toasted sesame oil
1 Tbsp peanut butter
1 Tbsp water
1 tsp ginger, grated
1 small clove garlic, minced or pressed
1 head pac choi, steamed, stems included
1 sweet bell pepper
optional: peanuts, scallions, cilantro, sesame seeds

Drain noodles. In a small bowl combine soy sauce, sesame oil, peanut butter, water, grated ginger and garlic. Add to noodles and toss thoroughly to coat. If the sauce seems a little too thick, add some water. Top generously with chopped peanuts, cilantro, scallions, sesame seeds, steamed choi and peppers.

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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