



For the week of June 22 2015

Arugula	Herbs
Celtuce	Kale
Dandelion Greens	Snap or Shelling Peas
Garlic Scapes	New Potatoes
Green Onions	

A traditional Solstice meal for us always includes fresh peas and new potatoes, and we've got these for you today. We also have garlic scapes for the last time, soon the fresh garlic will be coming.

Are you ready for a totally 'new to you' vegetable? The Celtuce in your box today (looks like a lettuce with a thick stem) is also called Bau Sin and it's a staple in Chinese cooking. You can find it in China town but it always looks so weathered that it hardly catches the eye. However, it's a gem!

### BBQ Celtuce

1 celtuce stem  
¼ cup of tamari  
2 tbsp sesame oil

Cut the leaves from the stem of the celtuce and reserve. These can be eaten like Romaine lettuce. Peel the stem with a knife and cut off any tough or discoloured bits. Cut into ½" slices lengthwise and marinate in the tamari and sesame oil mixture for a few minutes.

Grill on the bbq for 5 minutes or so on each side. Yum! If you don't have a bbq, slice the stem into rounds and stirfry. Our chef volunteer at the farm claims that celtuce has the 5<sup>th</sup> taste, umami. What do you think?

### Garlic Scape Pesto

¼ lb garlic scapes (1 bundle)  
½ cup good olive oil  
½ cup chopped parsley  
⅓ cup nuts (almonds or pinenuts work well)  
1 cup grated parmesan cheese  
3 TBSP lemon juice

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Puree the scapes, olive oil, parsley, and nuts in a blender. Stir in grated parmesan and lemon juice. Season with salt and pepper.

### Dandelion Greens with Hazelnut Vinaigrette

1 bunch bunches dandelion greens  
3 tbsp cup hazelnuts  
1 garlic scape minced  
½ small red onion  
2 tablespoons extra-virgin olive oil  
2 tablespoon balsamic vinegar

Soak minced red onion in balsamic vinegar to lightly pickle. Discard tough stems from greens. Cut top 5 inches from greens and reserve. Cut remaining greens into ¾-inch slices. Transfer all greens to a large serving bowl. Coarsely chop nuts and finely chop garlic. In a small heavy skillet cook garlic and nuts in oil over moderate heat, stirring, until garlic is golden. Drain onions, pouring the vinegar into the skillet. Season with salt and pepper to taste.

Pour hot vinaigrette over greens and onions, and toss to combine.

### News From the Farm

We're having an open farm day at Sea Bluff Farm in Metchosin on Saturday June 27<sup>th</sup> 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.

If you can't get enough of our produce in the box, you can find us at Moss Street and James Bay markets on Saturdays!

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