



June 25, 2013

artichokes	Fresh herbs (dill or rosemary)
baby red beets	Lettuce
green kohlrabi	Salad Greens
red russian kale	Fennel
new potatoes	

Kohlrabi Slaw with Cranberries and Walnuts

1/4 cup apple cider vinegar
1/4 cup olive oil
1 tablespoon stoneground mustard
1/4 teaspoon sea salt
1/4 teaspoon black pepper

1 large green or purple kohlrabi, cleaned, peeled and cut into matchsticks, about 2 cups
1/4 head of savoy cabbage, sliced as thinly as possible, about 1 cup
1 stalk of celery, thinly sliced
2 garlic scapes, very thinly sliced (you could also use green onions)
1/3 cup dried cranberries
1/3 cup raw walnuts, roughly chopped
Salt and black pepper to taste

In a small bowl, mix together the vinaigrette ingredients with a whisk until well combined. Set aside.

In a large serving bowl, add all of the salad ingredients except the cranberries and walnuts. Toss gently to combine, then pour over some of the vinaigrette, you may not need it all, go conservative to start, you can always add more. Toss well to coat the entire salad with the vinaigrette. Sprinkle the cranberries and walnuts on top, salt and pepper to taste and serve.

News from the Farm

Rachel has been moving her chickens around her fallow areas of the field. These happy chickens gorge on grass and worms and pests, and fertilize the field for next year at the same time. At the end of the season, they will go into the freezer to feed our families.

Rachel just posted some photos of her potato plants on Facebook, they are 3 ft tall! She has a new technique of hilling them, using the furrower attachment from her tiller. She drives beside them on either side and they get amply mounded so they can produce way more and she doesn't get green tubers.

Grilled Fennel

Cut fennel in half and separate layers. Toss it in olive oil, salt and pepper and balsamic vinegar. Put slices right on to the BBQ and grill over medium heat for 15-20 minutes.

Serve alongside other grilled veggies or use for a salad topping.

Steamed Artichokes with Lemon Vinaigrette

These are the perfect start for a meal inspired by the Slow Food movement. Fine someone to dine with who will spark good conversation, light some candles and take your sweet time to enjoy!

Submerge artichokes in cool water to clean, and trim with pointed leaves with scissors. Place them in a steamer, flower end down. Add some sprigs of herb to the water, such as rosemary or tarragon, if you like. Cover and cook for about 20 minutes. When an outer leaf pulls away easily, they are done.

Serve hot, accompanied by a lemon vinaigrette for dipping. To eat, remove leaves one by one and dip the meaty end in vinaigrette. When you reach the centre, remove the spiny leaves and furry middle of the flower with a spoon. The remaining part, the heart is the succulent prize!

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