



June 4, 2013

Braising Greens	Pea Tips (field grown)
Dandelion Greens	Peppers
Japanese Turnips	Red Russian Kale
Lettuce	Fresh Strawberries!

2 tablespoons unsalted butter

Combine all ingredients except water and butter in a deep 12-inch heavy skillet or wide 3- to 6-quart heavy pot and toss to coat with oil. Add water to skillet and bring to a boil. Cover skillet tightly and simmer vigorously over moderate heat, shaking skillet occasionally, until vegetables are tender, about 10 minutes.

Transfer turnips with a slotted spoon to a platter, discarding thyme sprigs, then boil cooking liquid 1 minute to emulsify oil. Remove from heat and add butter, swirling skillet until butter is incorporated. Pour sauce over vegetables.

There's a lot of firsts for us this week –first harvests of strawberries, first flowers on the peas, first little garlic scapes peeking up. Summer is here!

Saanich Organics is participating in the Canadian Association for Food Studies panel at UVic this week on the future of food. Our farm business is being examined as a potential solution for how farmers can find success near urban centres. We're pretty excited to be able to share what we know with the academics from across the country.

### **Dandelion Greens with Warm Olive Oil**

1/4 cup extra-virgin olive oil  
3 garlic cloves, thinly sliced lengthwise  
1/3 cup sliced almonds (1 ounce)  
1/2 cup golden raisins  
2 tablespoons Sherry vinegar  
1/2 teaspoon sugar  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
1 pound tender young dandelion greens, any tough stems discarded

Heat oil in a 10-inch heavy skillet over moderate heat until hot but not smoking, then cook garlic and almonds, stirring frequently, until pale golden, about 2 minutes. Add raisins and cook, stirring, until garlic is golden and raisins are plumped, about 1 minute. Remove from heat and add vinegar, sugar, salt, and pepper, stirring until combined. Pour hot dressing over dandelion greens in a bowl, tossing with tongs to coat.

### **Glazed Baby Turnips**

1 lb baby turnips  
1 regular garlic clove, thinly sliced  
1 sprig fresh thyme or a pinch of dried  
1/2 teaspoon each of salt and black pepper  
4 Tbsp olive oil  
1 cup of water

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### **Easiest Kale Pasta**

Pasta of your choice  
Kale

While boiling any pasta the way you would cook it, add a few handfuls for finely chopped kale in the last 2-3 minutes of cooking. Drain kale and pasta together and serve with your favourite sauce or simply anoint with your favourite olive oil and grated hard cheese. (from *The Book of Kale* by Sharon Hannah)

### **News from the Farm**

Our friend Jessica White grew up on a cattle farm in Duncan where her father sent off the conventionally raised beef to Alberta to be finished and sold in the commodity market. Last year she bought three beef cows from him and is doing an experiment to see how she can do raising grass-fed beef naturally, having the animals slaughtered on the island and selling to local markets. She has had rave reviews from her first sale to new customers through the Village Butcher. She is not certified organic but we thought we'd pass her contact info along in case you are interested:  
jessicakwhite@gmail.com

[info@saanichorganics.com](mailto:info@saanichorganics.com)

**1438 Mt Newton Cross Road, Saanichton V8M 1S1**



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