



June 7, 2015

Chard	Pac Choi
Garlic Scapes	Peppers
Herbs	Spinach
Japanese Turnips	Strawberries
Lettuce	

We've been spending some long hours on the end of a hose these days; getting up early to set up the sprinklers and turning off the water the last thing before bed. It really gives us pause to wonder about chronic drought and the impact it can have on a veggie grower. We're feeling closer to our Californian colleagues. Luckily the water is still flowing and we have some juicy offerings for you.

### Grilled Pac Choi Salad

Pac choi on the bbq? yes! This can also work as a steamed salad.

1 large head pac choi, halved  
Canola oil  
Kosher salt and freshly ground black pepper

Vinaigrette:

2 tablespoons fish sauce  
2 tablespoons rice vinegar  
1 tablespoon freshly squeezed lime juice  
1 to 2 teaspoons hot chile sauce  
1 teaspoon soy sauce  
Kosher salt and freshly ground black pepper  
3 tablespoons canola oil

Brush the pac choi with canola oil and sprinkle with salt and pepper. Grill the pac choi, cut-side down for about 4 minutes; flip, and grill another few minutes until the stems are crisp-tender. Chop the pac choi coarsely and put in a bowl.

For the vinaigrette: Whisk the fish sauce, vinegar, lime juice, chile sauce and soy sauce and sprinkle with salt and pepper in a bowl. Whisk in the canola and sesame oil. Toss the vinaigrette with the grilled pac choi salad; taste and season with salt and pepper.

Grill the garlic scapes while you have the bbq on! They are divine, tossed in oil and then just straight grilled for 10 minutes, flipped once. Ready when they are soft and lightly charred.

### Spinach and Strawberry Salad

- 1 bag spinach leaves, torn into bite size
- 1 pint strawberries, quartered or sliced
- 1/4 cup thinly sliced red onion
- 1/4 cup crumbled feta cheese
- 3-4 tablespoons poppy seed dressing
- 1/2 cup toasted pecan pieces

In large bowl, toss spinach, strawberries, onion, and cheese with dressing. Sprinkle pecan pieces on top just before serving.

### 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.

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