



For the week of May 24, 2016

Carrots  
Endive  
Garlic Scapes  
Lettuce

Pac Choi  
Peppers  
Spinach  
Sunflower Sprouts

We've got carrots in the box for you. These were planted in the greenhouse in early February. We are always experimenting with early season crops so we can bring you a greater variety. In contrast, our outdoor carrots are only about two inches tall!

The garlic scapes are ready! Scapes are the flowering sprouts of the garlic plant and they are a delicacy. They are very versatile, but our favourite way to enjoy the early season scapes is to eat them whole! Toss them in olive oil and roast them for 20 minutes at 375°F, turning them once to help them get crisp all around. Eat them like asparagus. Scapes can also be minced and substituted directly for regular garlic in most recipes.

### Grilled Endive

The trick to grilling endive is to make sure that the leaves are very dry after washing. Pat down several times with a clean towel. You want to grill them, not steam them!

1 head of endive, leaves trimmed and cut into 4 wedges  
olive oil for brushing and drizzling  
Salt and pepper

Get the barbaque going, or start heating a heavy bottomed frying pan over moderate heat.  
Quarter the head of endive into wedges and trim the top

6 inches of leaves. Reserve these for a salad, tossed with a sweet dressing.

After rinsing the endive and cutting the endive, carefully dry it, and then drizzle olive oil generously over the quarters. Place the wedges directly on the grill or pan. Turn occasionally so that each side is lightly charred and fully tender, about 10 minutes.

Pac Choi is the ultimate stir veggie! It can be minced and made into a snack all on its own. Add some soy sauce to the frying pan. Start with the stems, finish with the greens. Toss on some sesame seeds. Yum!

### News From the Farm

We've been enjoying this cooler weather as a chance to get the tomatoes tied up and pruned. We have vining tomatoes in our greenhouses which means we have to organize them so they can tower up to the rafters. It becomes quite a jungle when the plants are taller than us and wanting to branch out in every direction. We have a weekly regime to tame these giants but they are at least an even match for us!

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