



May 27, 2013

Braising Greens	Radishes
Endive	Salad
Pea Shoots	Sweet Peppers
Pac Choi	Frozen Berries

You'll notice the tops of your radishes and pac choi are a little scruffy. This is from the flea beetle. When Robin moved to Sea Bluff Farm she found that they had never used floating row cover, and "never needed it!" Turns out it was needed! Badly! Floating row cover, or reemay looks like white sheets pulled over the field. Once sealed down with soil, it keeps out pest and helps plants grow faster because its slightly warmer. Next time, she's using it!!

Braising Greens and Feta Frittata

A frittata is an egg-based dish, somewhere between a quiche and an omelette, but quick and easy to prepare. Frittatas are a great way to use up extra veggies, especially greens.

1 bunch Swiss chard, chopped in large pieces (1-2")
2 TBSP olive oil
1 clove garlic, minced
1/2 cup feta cheese
2 TBSP green onions, chopped
1/4 cup grated cheese (parmesan or cheddar work well)
Optional: Try adding sliced olives, tomato or pre-cooked sausage
before topping with the grated cheese

Whip the eggs in a bowl, add feta and green onions, whip some more and set aside. Turn oven broiler on to heat while you do the rest. Use a medium skillet (~9") with a handle that can go in the oven (e.g. cast-iron). Saute garlic in oil on medium-high heat for a minute. Add chard and saute until just wilted. Whip egg mixture one more time, then pour over chard. Let egg/chard mixture cook on stove until the bottom is firm but the top is still runny. Sprinkle with optional toppings and grated cheese. Transfer skillet to the oven, about 6" from broiler. Broil until cooked

through (2-5 min.), and top is golden and bubbly. Let cool slightly (just enough to firm up), slice & serve!
~Serves 4~

Braised Endive

Endive is a slightly bitter green that is very high in vitamins A and K and is high in fibre. This recipe calls for 1 head endive, olive oil, salt and pepper and lemon wedges. Cut endive lengthwise through the core into quarters. Rinse gently between leaves, keeping quarters or halves intact. Drain. Heat a frying pan over medium-high heat, add 2 tablespoons olive oil. Place endive, cut side down, in pan. Add 3 tablespoons water. Cover and cook until thickest stems are barely tender when pierced, endive is lightly browned on bottom, and water has almost evaporated, 2 to 4 minutes. Transfer to serving dish. Add salt, pepper, olive oil, and lemon to taste. Makes 4 servings.

News from the Farm

There was a protest at the legislature on Saturday to protest Monsanto, as part of a worldwide movement. The group was calling for a boycott of Monsanto. Easier said than done, but a worthwhile endeavour. The corporation completely dominates the food system, most meals across the continent contain or were grown with at least one Monsanto owned product or patent. We had a disappointing realization a few years ago that some of our favourite seed varieties are owned by Monsanto. Even your farmer's market produce isn't completely free from this corporation's grip! The good news is that we can slowly wean ourselves by conscious effort, but most people don't realize the long the tentacles of the Monsanto beast. Buying from small organic local farms is still your best bet.

818-5807

info@saanichorganics.com

1438 Mt Newton Cross Road, Saanichton V8M 1S1