



For the week of May 9, 2016

Chard
Cucumber
Green Garlic
Kale

Pea Sprouts and Peppers
Radishes
Rhubarb
Salad Greens

We're feeling grateful to SunTrio this week for saving the box with their cukes, peppers and sprouts. We are on the cusp of having great bounty but that doesn't cut it when you've got boxes to fill. Thanks SunTrio!

The box may seem small to you this week, because it is. We had planned to put in rhubarb but it wasn't high quality due to a wind storm and possibly temperature extremes. We're not exactly sure but our neighbours' rhubarb is suffering as well. We figure that you'd rather get a credit, than getting second rate produce. So this is what we're doing. You will get credit for rhubarb in June when we've got more produce. Thanks for standing by us!

Green Garlic Pesto

1 bunch green garlic
1/4 cup (or less) extra virgin olive oil
2 tablespoons toasted pine nuts, or other nuts
Salt and Pepper to taste
1/2 inch chunk of parmesan, cut up into a few pieces

Whirl the nuts and parmesan pieces in the workbowl of a food processor for a few pulses. Cut the green garlic shoots (white and light green parts) into 1-2 inch lengths. Drop in the garlic pieces through the feed tube as the f. processor is running. Add the olive oil while it's running.

Sweet Pepper and Lentil Soup

2 Tablespoons olive oil
1 onion, chopped
2 stems of green garlic, chopped
1 teaspoon smoked paprika
1 sweet pepper, seeded and finely chopped
1 cup dried brown or black lentils, picked over and rinsed
5 cups broth or water
1-2 Tablespoons sherry or rice vinegar to finish the soup

Cook the onion in oil over medium heat in a skillet until the onion/leeks begin to soften. Stir in paprika and allow it to cook for about a minute more. Add the chopped sweet pepper and cook for another 2-3 minutes, until everything begins to soften. Scrape all this into a slow cooker. Add the lentils and broth (or water) and stir to combine. Cover and cook on low until the lentils are completely soft, 7-9 hours. Season the soup with S & P Stir in vinegar, adding more if needed. Serve hot.

News From the Farm

Need plants for your garden? Rachel has a lot of beautiful vegetable plant starts like tomatoes, peppers and basil. You can get them on our market tables at Moss Street and James Bay on Saturdays this month, or from her farm stand on West Saanich Rd at Mt Newton X Rd.

Contact us: boxcoordinator@saanichorganics.com or 250-818-5807

Website and webstore: www.saanichorganics.com

Mailing Address: 1438 Mt Newton Cross Road, Saanichton V8M 1S1