



For the week of August 23, 2016

Apples
Beans
Carrots
Curly Endive
Strawberries

Sweet peppers
Summer squash
Tomatoes
Green Onions

As I write this, the weather has cooled, and it's a very manageable 24 degrees with a nice breeze off the Saanich Inlet. What a relief after working in 32 degree temperatures!

Robin, Rachel, and Heather are taking time off this month which is possible thanks to the very capable people who work with us: Anya who manages your box program with military precision, Niki who runs our commercial sales and goes above and beyond the call of duty, Lisa who cheerfully manages our large strawberry field, salad and seed crops, Chrystal and Ilya who are indispensable in the packing room, and Perry and Regina who steadfastly do the deliveries. Last but not least our main farmhands Stacey and Lauren at Three Oaks, Jay and Julia at Northbrook, Kirsten and Sarah at Sea Bluff, we salute you for your dedication!

Green Beans Braised with Tomato and Basil

- 3 tablespoons extra-virgin olive oil
- 1 cup finely chopped white onion
- 2 garlic cloves, minced
- 1 1/2 pounds green beans, trimmed
- 2 large tomatoes, finely chopped (about 1 cup)
- 1 cup (packed) fresh basil leaves
- 1/2 cup water

Heat oil in large nonstick skillet over medium heat. Add onion and garlic and sauté until onion softens slightly, about 5 minutes. Add green beans, tomatoes, basil leaves, and 1/2 cup water. Cook until beans are crisp-tender, stirring and tossing occasionally, about 10 minutes. Season to taste with salt and pepper. Transfer to bowl and serve.

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Curly endive is a bitter green when eaten raw, but try cooking it to bring out its sweetness. Try steaming it, drizzle it with olive oil and lemon juice and season with cinnamon. Add chopped curly endive to a bean soup just before serving and let it barely wilt. Sauté the curly endive and then add to mashed potatoes. Chop it and toss with your favorite salad topped with a sweet dressing. You'll be a fan of this versatile green once you get creative!

News From the Farm

Rachel has a lovely crop of shallots and both white and yellow storage onions, now curing in the dappled shade under one of her giant oak trees. Watch for these in your box and at the Moss St Market this winter! Lisa and Robin have loads of garlic curing as well, and potatoes are stored away. All that's left to store is winter squash, now curing on their vines and nearly ready to harvest.

Most of our winter crops are planted now and we can focus on Fall plantings of spinach, napa cabbage, hardy lettuce, green onions, pac choi, cilantro, arugula and other hardy greens.

If any of you need Fall starts for your garden, check out our stand at the upcoming Fall plant sale at the Compost Ed Centre, Sat Aug 27 from 10-2.