



**For the week of September 1, 2014**

Beans	Kale
Cabbage	Melon
Cilantro	Strawberries
Eggplant	Tomatillos
Green Onions	

It sure felt like fall at the market on Saturday. All the heavy bins are a sure indicator that the bounty of the fields is reaching a peak. It's been an amazing growing year and we're feeling pretty grateful for the bounty.

Bean tip of the week: on the BBQ! Just toss them in olive oil, salt and pepper and place them on the grill. Expect to lose a few, but the ones that make it to your plate will melt in your mouth with their sweet flavour.

### **Salsa Verde**

8 ounces (5 to 6 medium) tomatillos, husked and rinsed  
Fresh hot green chiles, to taste (roughly 2 serranos or 1 jalapeno), stemmed  
5 or 6 sprigs fresh cilantro (thick stems removed), roughly chopped  
Scant 1/4 cup finely chopped onion  
Salt

Roughly chop the tomatillos and the chiles. In a blender or food processor, combine the tomatillos, chiles, cilantro and 1/4 cup water. Process to a coarse puree, then scrape into a serving dish. Rinse the onion under cold water, then shake to remove excess moisture. Stir into the salsa and season with salt, usually a generous 1/4 teaspoon.

### **Oil and Vinegar Cabbage Slaw**

1/4 cup red wine vinegar  
2 tablespoons sugar  
2 tablespoons peanut or vegetable oil, eyeball it  
1 lb cabbage, shredded  
1 teaspoon salt

Mix vinegar and sugar. Add oil. Add cabbage to dressing and season with salt and pepper. Toss with fingers to combine. Season with salt and pepper to taste. Let stand 20 minutes. Re-toss and serve.

### **Grilled Eggplant**

2 or 3 eggplant  
1/2 tsp salt  
1/4 cup olive oil  
2 tsp balsamic vinegar  
1/2 tsp dried oregano  
Pinch each salt and pepper

Cut eggplant into 1/2-inch thick slices; sprinkle with salt. Whisk together olive oil, balsamic vinegar, oregano, salt and pepper. Brush half over eggplant. Place on greased grill over medium heat; close lid and grill, turning once and brushing with remaining oil mixture, until tender, about 10 minutes.

### **News From the Farm**

Chickens are an important part of our farms for their ability to break insect pest cycles, for their manure and of course for their eggs and meat. For many years now we've been raising Cornish Giants for their meat, a very poor breed of chickens. We had no choice really, because these were the only day-old chicks on the market. We suffered, and the chickens suffered as they grew too fast for their frames. I'll spare you the details! The good news is that True North Farm in Langley is now selling Mistral Gris meat birds, which Heather and Rachel are now raising on their farms for their home use. The Mistral Gris are a hybrid of heritage breeds that have instincts to forage and who grow at a natural rate. Apparently they taste amazing as well. More freedom from the industrial system!!

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