



**For the week of September 15, 2014**

Beans	Parsley
Beets	Strawberries
Endive	Tomatoes
Kale	Watermelon Radish

We're on a high after a fun afternoon at Feast of Fields on Sunday. We got to meet many of our box customers who came over to say hello at our booth and to graze on our offerings of melons, strawberries and cherry tomatoes.

The Chinese call Watermelon Radish: Xi lin mei, which means "beautiful on the inside." A very appropriate way to describe the gorgeous middle of these yummy radishes. They are lovely raw, sliced thin with salt and butter, or sprinkled with vinegar and sugar.

### **Watermelon Radish and Endive Salad**

2 watermelon radishes, peeled and cut into matchsticks  
1/2 head escarole or endive, washed and torn into bite sized pieces

dressing: 2 parts olive oil, 1 part honey, 1 part Dijon mustard

Whisk together dressing. Toss together with radishes and greens. Season with salt and pepper.

### **Sasha's Classic Tomato Salad**

This recipe is highly adaptable to the ingredients that you have on hand, but this is what he made for us last week and it was amazing.

3/4 lb tomatoes, diced  
1 bunch of parsley, finely chopped  
1/2 red onion, finely diced  
red wine vinegar  
salt and pepper

Pre-soak the red onion in the vinegar, this will pull out the heat and sweeten the flavour. Let sit for about 20 minutes.

Toss tomatoes and parsley in olive oil, combine with onion and some of the vinegar to taste. Season with salt and pepper. Let sit for 15 minutes to let the flavours meld, and then serve. Diced peppers can be added, parsley can be substituted for basil, and scallions can take the place of the red onion.

### **News from the Farm**

Farm Folk City Folk, a food policy organization from Vancouver is hosting a local food think-tank this week for some of the folks involved in promoting, procuring and producing local foods. While we certainly don't do our best thinking in September when we are zombies from the long hours, we're excited to participate and to help think about solutions to getting more local food into our economy.

In other news, we've been harvesting our seed crops like crazy in an attempt to bring everything in before the rain hits mid week. We've got lovely lettuces, tomatoes, herbs, mustard greens, onions and more. Saving seed is a beautiful, tactile process and we enjoy it so much.

We're also busy getting seed into the ground, namely our cover crop seed: winter wheat and peas, vetch and rye. These crops form strong roots to hold our soil in place over the winter rains, and they enrich the soil so its ready for planting again in the spring.

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