



For the week of Sept 5, 2016

Beets
Corn
Kale

Sweet Onions
Jalapeno Peppers
Potatoes and Strawberries

We're starting our painful, early September ritual of pulling out our tomato plants in order to give our winter greens a strong start. The jungle becomes a clear cut, but in just a few weeks, it emerges as a bright green carpet to feed us all winter. Creative destruction.

Cooking corn: Get a pot of salted water to a rolling boil. Put in your shucked corn and cook for no longer than 2.5 minutes.

Some of you (probably everyone) will be getting a giant beet sometime this fall or winter. Don't be afraid! Some of them are huge but they are tender and sweet, throughout. They're a great deal - lots of meat for little peeling. They store well for the time when you're ready to make a hearty borscht.

Kale and Potato Soup

5 tablespoons butter
1 large yellow onion, roughly chopped
3 large potatoes, peeled and roughly chopped
8 cups chicken or vegetable broth
2-3 cups chopped kale, stems removed
2 cups milk
salt and pepper to taste

Heat the butter in a large pot over medium high heat. Add the onions and potatoes and saute until golden brown, 5-8 minutes, sprinkling with salt and pepper. Add 6 cups of the broth and the kale; simmer for 5-10 minutes until the kale softens and becomes a darker green.

Transfer the soup to a heavy-duty blender. Puree for 2-3 minutes or until the soup is completely smooth. Transfer the pureed soup back the pan and stir in the milk and the remaining 2 cups broth depending on how thick you want the soup to be. Season with salt and pepper and serve with yummy paninis, toasted wheat bread, or crackers, cheese, and hummus.

from pinchofyum.com

News From the Farm

Corn gets a bad rap in the food world, but on our farm, its a biodiversity hot spot. Under its tall canopy, the ground is moist and shaded. It becomes a corridor for frogs. The sugary husks attract aphids, which doesn't bother us because they can't get to the kernels. The aphids attract beneficials like lady bugs and wasps. These attract the birds. Of course with farming, its not all rosy. The corn bandits, racoons, appreciate the covered corridors to make their get-away. Luckily, with the abundance this year, we're able to shrug off the evidence of their late night parties. Its all biodiversity!

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