



For the week of September 9, 2014

Beans	Dill
Carrots	Eggplant
Chard	Grapes
Cukes	Potatoes

It's that time of year when we have to start thinking about sheltering the wooden crates from the elements. In the rain last Tuesday, Atley was picking up a lot of soggy boxes. Wet boxes breed mould, which is not what we want! Please help us by keeping your box in a dry spot.

We've got grapes in the box this week from Rachel. She put in the grapes about 5 years ago, and this is her first big crop. It's been nerve-racking for her with looming raccoons but she has been able to harvest the lions' share this year.

Potato Salad with Dill and Caraway

2 pounds halved small waxy potatoes
1/4 cup olive oil
1/2 chopped onion
1/4 cup apple cider vinegar
4 sliced scallions
2 tablespoons chopped fresh dill
1 teaspoon toasted caraway seeds and toss
Salt
Pepper

Cover 2 pounds halved small waxy potatoes with cold salted water, bring to a boil, and cook until tender; drain and transfer to a large bowl. Meanwhile, heat 1/4 cup olive oil in a medium skillet over medium-high heat. Add 1/2 chopped onion; season with salt and pepper. Cook, stirring often, until soft, about 5 minutes. Remove from heat and mix in 1/4 cup apple cider vinegar. Add to potatoes along with 4 sliced scallions, 2 tablespoons chopped fresh dill, and 1 teaspoon toasted caraway seeds and toss, crushing potatoes slightly; season with salt and pepper.

Italian-Style Swiss Chard

Ever wonder why chard at restaurants tastes so different than home-cooked? This recipe is the secret –long cooking time and lots of fat. Hardly something we'd do regularly but interesting to try.

1 bunch Swiss chard, rinsed, trimmed, and coarsely chopped
1 clove garlic
Sea salt and hot red pepper flakes (or freshly ground black pepper)
2 tablespoons (at least!) olive oil

Place the chard in a large stockpot with the rinse water still clinging to it and set on medium-high heat. When the chard begins to sizzle stir it and cover. Reduce heat to medium and cook until chard is wilted but still has texture and the leaves have turned dark green while the stems have turned a translucent grey, about 15-20 minutes. Remove from heat.

Heat oil with the garlic in a skillet over medium heat and cook until the garlic begins to turn golden, about 5 minutes. Add the Swiss chard, squeezing out some of the liquid before adding it to the oil. Cook, stirring, until the Swiss chard has wilted entirely and the garlic is cooked through, about 20 minutes. Season to taste with salt and pepper. Remove from the heat and transfer to a warmed platter. Drizzle with more olive oil and serve.

News From the Farm

Feast of Fields is coming up- September 14th at Kildara Farm in Sidney. This is our favourite local feasting event: finger foods and drink on the farm. Tickets are available on-line at Farmfolkcityfolk.ca or at Cook Culture. Come see us at our booth!

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