



For the week of September 1, 2015

Apples	Jalapeño Pepper
Carrots	Melon
Endive	Middle Eastern Cukes
Fennel	Tomatillos

The rain has brought with it a sense of relaxation at the farm. While the now cold soil will slow the growth of our new plantings, the trade-off of not having to water is worth it. All the water worries that have plagued us all summer are now over. Hurray for the rain!

### **Our Take on the Grilled Endive Salad We Love from Part and Parcel Restaurant**

While we could have asked, and they probably would have told us, we took joy in striving to recreate the amazing sweet smoky side dish we love. As you can see, it was really hard!

1 head of endive, cut in eights leaving the stem intact so it holds together  
Olive oil to coat  
Salt to taste

The key to this recipe is washing and drying the endive well. Wash after you cut into the sections. Trim off 6-inches of the top green leaves. These can be saved for a salad. Pat, pat, pat with a towel to get out the water so the oil can really adhere. Place sections in a bowl and toss in oil and rub it in a bit. Place sections on a hot bbq grill and grill for about 3 minutes on each side, or until well wilted. Serve immediately.

### **Hot Pepper Oil**

1 small pepper  
4 cups of olive oil

Place oil into a deep, heavy bottom pan. Mince

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pepper and place into the oil. Warm over medium heat for about an hour, being careful not to let it scald. Let cool and strain. Place in a jar and use for adding heat to salad dressings, stir fries and omelettes.

### **Fresh Tomatillo Salsa**

1/2 pound small fresh tomatillos, husked and rinsed  
1 large garlic clove  
1 tablespoon chopped fresh serrano chile with seeds, or to taste  
2 tablespoons chopped cilantro  
2 tablespoons water

Coarsely chop tomatillos, then purée with remaining salsa ingredients and 1/2 teaspoon salt in a blender until smooth.

### **News From the Farm**

Sea Bluff Farm had a representative at a protest at the Site C Dam this weekend, organized by the National Farmers Union. This was to show solidarity to the farmers in the Peace region who have their farmland threatened by this development. The argument that the farmers are putting forth is that the power that would be produced by this plant will be mostly used by the LNG plants for export.

The Agricultural Land Reserve has been changed in the region to allow for this development which really stacks the deck against the farmers. Interestingly, the majority of the farmers who turned up at the event were certified organic grain growers. The situation is a serious violation against our food security and the rural livelihoods of the folks in the region. While the dam has been approved, construction hasn't started.