



For the week of Sept 12, 2016

Carrots  
Corn  
Sugar Loaf Chicory  
Cilantro

Spinach  
Strawberries  
Tomatoes

The winter squash harvest has begun. Squashes have to be lifted from the field, washed for storage and then set on shelves to cure. Some squash are delicious right away like the delicatas and pie pumpkins, but others, especially the big soup pumpkins, develop their flavour over time.

### Fresh Corn Salsa

4 corn on the cob,  
½ a bunch of fresh coriander, chopped  
½ a fresh red chilli, finely minced, seeds removed  
4 spring onions, trimmed and finely sliced  
3 ripe tomatoes, coarsely chopped  
sea salt  
Juice of 2 limes  
1 tablespoon extra virgin olive oil

Char or boil the corn. Cut off the kernels and add to a mixing bowl. Add remaining ingredients and serve.

### Grilled Chicory Salad

¼ cup olive oil  
½ cup mild salad oil  
¼ cup rice vinegar  
2 tablespoons shallots, minced  
1 teaspoon dijon mustard  
1 squeeze lemon

a pinch each: sugar, salt, pepper, your favorite herbs  
1 or 2 whole heads of radicchio, quartered  
1 hd sugarloaf chicory, end trimmed but still intact

Combine salad dressing ingredients in a tightly lidded jar and shake to blend.

Brush lettuces with salad dressing and grill for a few minutes—long enough to make grill marks on each side. Move to a deep platter or bowl. Remove cores and chop into fork-sized pieces.

Top salad with feta, toasted pine nuts, anchovies and/or capers and olives for side salad. For a main dish, add chunky croutons, bacon and soft boiled eggs.

Drizzle with more dressing, toss and pass.

### News From the Farm

We're using this sunny window to get all the seed crops out of the ground and fully dried on tarps. Having nice dry conditions to process seed is luxurious. The pods snap easily under stamping feet, and the chaff blows off effortlessly. We're a long way from being seed self sufficient, but now we know exactly how much work that would entail! Some crops are really easy, like salad green seed, lettuces and peas and beans. Other crops like broccoli and squashes are best left to specialists who have more time to devote to selection, and who aren't running a diverse veggie operation at the same time!

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