



For the week of September 15, 2015

Apples	Garlic
Beets	Kale
Celery	Parsley
Eggplant	Peppers

We're slowly getting the summer crops cleaned up and getting our fields planted in cover crops. We plant a mixture of grains to help hold the soil in place during the winter rains, and to add fertility. When a newly seeded cover crop emerges, it has the wonderful effect of washing away the mistakes of the season and to offer a lovely clean slate of promise for next spring.

Radicchio as a Pizza Topping

Woah! Your pizzas are never going to be the same. To prepare the radicchio, wash and dry it well. Drying is the key because you want to char it, not steam it. Prepare the pizza with other toppings - we did a tomato sauce with chunks of brie cheese, shallots, and chanterelles and these were a great complement. Chop the radicchio into ribbons, toss in olive oil and put it in a frying pan over med-high heat just to wilt (2 minutes, stirring to uniformly wilt and extract moisture). Pile it on the pizza and put it in the oven, and bake as you would normally.

Bell Pepper Salad With Parsley & Lemon-Garlic Vinaigrette

2 peppers, cored, ribbed, seeded, and cut into ½" dice
1 medium red onion, peeled, and chopped
4 ribs celery, with leaves, ends trimmed and sliced on the diagonal
12 Calamata olives, pitted and halved
2 hot chiles, stemmed, seeded, ribbed, and minced
grated zest of 1 large lemon
small handful flat leaf parsley, leaves only, chopped

Lemon Vinaigrette

3 tablespoons fresh lemon juice
1 teaspoon white wine vinegar
½ cup cold pressed, extra-virgin olive oil
2 cloves garlic, peeled, and minced or pressed
fine sea salt, to taste
freshly ground black pepper, to taste

In a small mixing bowl, whisk together the lemon juice, white wine vinegar, olive oil, and garlic until emulsified. Season to taste with salt and pepper.

In a large salad bowl, combine the bell peppers, onion, celery, olives, chiles, lemon zest, and parsley.
Pour the vinaigrette over the salad and gently toss to combine.

News From the Farm

Saanich Organics demurely took home the big prize for the best basket of produce at the Metchosin Day Fair. This year we only entered the one category because of our terrible gaff last year. Kristin, our keen farmhand, painstakingly prepared entries from our fields to every single category, and we came home with a clean sweep. It was agonizing to watch little kids come into the judging room to see how their prized carrot or bean had fared, only to have their dreams crushed by a professional farm with staff. Oops! Lesson learned- we must encourage the next generation of growers!

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