



For the week of September 18, 2013

Cilantro
Corn
Eggplant
Hot Peppers

Kale
Red onion
Tomatoes

We're on a high after our cooler party fundraiser. What a fun evening!: a full house, amazing food and a warm supportive community coming together. We're grateful to all the volunteers, especially to chef Amy Loewen who made magic with the food from our farms, and to Doug Mutch who was a master of the logistics for the evening and to Fiona Percy whose sense of aesthetics shone everywhere, including in her delicious desserts.

Fresh Salsa

3 teaspoons extra-virgin olive oil
1 pinch sea salt
1 cup fresh corn kernels (from 2 ears)
1 small jalapeno pepper, seeded and chopped
2 tablespoons chopped fresh cilantro
2 tablespoons chopped red onion
2 tablespoons fresh lime juice
1/2 teaspoon sugar

Bring a small pot of salted water to a boil. Add the corn and cook until tender, 2 to 3 minutes; drain.

Mix the corn, jalapeno, cilantro and red onion in a bowl. Stir in olive oil, the lime juice, sugar and 1/2 teaspoon salt.

Simple Baked Eggplant and Tomatoes

1 eggplant, sliced into 1/2 inch rounds
4 Tbsp olive oil
2 tbsp balsamic vinegar
1 tomato, sliced
1/4 cup grated Parmesan cheese

Preheat oven to 400 degrees F. Mix oil and vinegar in a bowl and then dredge slices of eggplant in the liquid, coating both sides.

Arrange eggplant rounds on the cookie sheet and sprinkle Parmesan over the eggplant. Layer one slice of tomato on top of each eggplant round. Sprinkle with Parmesan cheese.

Bake for 10 to 15 minutes.

Italian Kale

1 bunch kale, stems removed and leaves coarsely chopped

1 clove garlic, minced
1 tablespoon olive oil
2 tablespoons balsamic vinegar
Salt and ground black pepper to taste

Cook the kale in a large, covered saucepan over medium-high heat until the leaves wilt. Once the volume of the kale is reduced by half, uncover and stir in the garlic, olive oil and vinegar. Cook while stirring for 2 more minutes. Add salt and pepper to taste.

News From the Farm

October 13 is the Victoria Marathon. One of the options for the charity run is The USC Canada Run for Biodiversity. Saanich Organics entered a team last year, and we're hoping to do the same again this year.

USC is one of the oldest NGOs in Canada, and it's mandate is helping farmers in Canada and around the world get access to their traditional seeds and to achieve success with their crops using agroecological growing principles. Sometimes this involves getting farmers together to talk about best practices, sometimes it involves bringing farmers from nearby countries to share experiences. There's a lot of information about this inspiring organization at their website: www.usc-canada.org

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