



For the week of September 3, 2013

Beets	Melons
Cukes	Cherry Tomatoes
Green Onions	Sweet Peppers
Baby Fennel	
Lettuce	

September is always the start of our busiest time, we look upon it with mixed emotions. It's a beautiful time of bounty: storage rooms start filling up with squashes and onions and canned goods. The end of the busy time is in sight now, but there is still a way to go with the heavy work of turning full fields into their winter cover crops.

Braised Baby Fennel

4 to 6 baby fennel bulbs, quartered
1/4 cup extra-virgin olive oil
3 cloves garlic, finely chopped
6 salt-packed anchovy fillets, rinsed, drained, and chopped
1/2 teaspoon red pepper flakes
Salt and pepper

Bring a large pot of water to a boil and drop in the baby fennel bulbs or quartered bulbs. Return to a boil and cook 10 minutes, until the fennel is tender. Drain and set aside.

In a frying pan large enough to hold all the fennel, heat the oil over medium-low heat, and add the garlic, anchovies, and pepper flakes. Cook gently until the garlic has softened and the anchovies begin to dissolve. Add the fennel and continue cooking, stirring to coat the fennel with the oil. Season with salt and pepper and cook for an additional 5 minutes. Serve hot or at room temperature.

from Chef Mario Batali The Food Network.

Simple Stuffed Sweet Peppers

4 small sweet peppers
1 slice whole wheat bread
1/4 cup (60 mL) fresh basil leaves, shredded

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4 cloves garlic, minced
2 cups shredded Monterey Jack cheese

Cut peppers in half lengthwise, keeping stems attached. Remove ribs and seeds. Place, cut side down, on lightly greased rimmed baking sheet. Roast in 400°F (200°C) oven until tender, about 20 minutes.

Meanwhile, toast bread; cut into about 1/4-inch (5 mm) cubes. Divide among peppers; top evenly with half of the basil, the garlic and cheese.

Return to oven and roast until edges are slightly charred and cheese is bubbly, about 15 minutes. Sprinkle with remaining basil. Makes 4 servings.

News From the Farm

Ticket sales are going well for the cooler party. We're grateful to all of you who are coming. It will be really fun to meet you and toast the new cooler. For those who haven't heard, we're hosting a long table dinner at Northbrook Farm. Saanich Organics went out on a limb this spring to put in a new cooler and packing room at Northbrook Farm. Our chef friends promised to help us raise funds to pay for this new infrastructure, and their solution was to put on a fundraising dinner for us. Tickets are \$50 each and they will be well worth it. Beautiful local organic fare from the farm, and beer from Hoyne brewery. We're really looking forward to it. Tickets for sale in the webstore and can be delivered in your box! Please consider coming out and raising a glass with us.

info@saanichorganics.com

1438 Mt Newton Cross Road, Saanichton V8M 1S1