



For the week of September 8, 2015

Apples
Beans
Carrots
Corn

Eggplant
Green Grapes
Kale
Poblano Peppers

We have beautiful Interlacken grapes for you in the box this week from Rachel at Three Oaks. If you're looking for a variety of grapes for your home garden, this is a good one - really easy care and lovely flavour.

Rachel also has Poblano Peppers for you, these are mostly mild but they have a lovely bit of bite at the finish. They are perfect for stuffing, or for a nice accent in an omelette or gratin.

Poblano, Potato and Corn Gratin

3 teaspoons olive oil, divided
2 large fresh poblano chiles, stemmed, seeded, cut into 2 x 1/4-inch strips
1 1/4 pounds Yukon Gold potatoes, peeled, cut into 1/8-inch-thick rounds
1 cup frozen corn kernels, thawed
1 cup coarsely grated Oaxaca cheese or whole-milk mozzarella cheese, divided
1 1/2 cups half and half
2 tablespoons all purpose flour
Salt and Pepper to taste

Preheat oven to 400°F. Rub 9 1/2-inch-diameter deep-dish glass pie dish or cast-iron skillet with 2 teaspoons oil. Heat remaining 1 teaspoon oil in large nonstick skillet over medium-high heat. Add poblano strips and sauté until tender, about 5 minutes. Remove from heat.

Arrange 1/3 of potato rounds, overlapping slightly, in prepared pie dish. Sprinkle 1/3 of poblano strips over, then 1/3 of corn and 1/3 of cheese. Repeat with 1/3 of potatoes, 1/3 of poblanos, 1/3 of corn, and 1/3 of cheese. Top with remaining potatoes, poblanos, and corn, reserving remaining 1/3 of cheese. Place pie dish on rimmed baking sheet.

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Whisk half and half, flour, 3/4 teaspoon salt, and 1/2 teaspoon freshly ground black pepper in small bowl. Pour over potato mixture in pie dish; press potatoes to submerge. Cover dish tightly with foil. Bake 30 minutes. Remove foil; sprinkle remaining cheese over gratin. Continue to bake gratin until potatoes are tender and cheese is golden brown, about 25 minutes longer. Let stand 10 minutes before serving.

Charred Eggplant and Tahini Spread

1 large eggplant, cut lengthwise into quarters
1/4 cup olive oil, plus more for drizzling
Kosher salt and freshly ground black pepper
1 clove garlic finely grated
1 teaspoon finely grated lemon zest
1 tablespoon fresh lemon juice
1 tablespoon tahini (sesame seed paste)
3/4 teaspoon ground cumin
Toasted sesame seeds

Preheat oven to 475°F. Place eggplant on a baking sheet and toss with 1/4 cup oil; season with salt and pepper. Roast until lightly charred and very tender, 20–25 minutes; let cool slightly. Chop eggplant (skin and all) until almost a paste.

Mix eggplant in a medium bowl with garlic, lemon zest, lemon juice, tahini, and cumin; season with salt and pepper. Drizzle with oil and top with sesame seeds.

News From the Farm

Saanich Organics came home with a small fist full of ribbons from the Saanich Fair in the vegetable competition once again. There were some excellent competitors, and top notch entries in many heirloom categories, which shows agriculture is alive and well in Saanich!

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