



For the week of September 9, 2013

Apples	Parsley
Beans	Peppers
Carrots	Roma Tomatoes
Chard	
Corn	

We're in a race against time to get seeds in the ground for our final winter crops. While it can be warm enough to grow things in the greenhouses, once October comes, we have a lack of light that seedlings need for vigorous growth. Its always like torture to pull tomatoes from the ground in full production but we really need to get the greenhouse space planted.

Tip for cooking fresh corn: get the water at a rolling boil and toss in shucked corn for no more than 2 minutes. The tender kernels will easily overcook in more time.

Roasted Red Pepper Salad

3 large bell peppers, preferably a mix of yellow, orange, and red
Coarse salt and freshly ground black pepper
2 cloves garlic
1 tablespoon capers, rinsed
1 to 2 teaspoons red-wine vinegar
Olive oil
1/4 cup Nicoise olives, rinsed

Place the peppers directly on the burner of a gas stove over high heat or on a grill. Just as each section turns puffy and black, turn the peppers with tongs to prevent overcooking. When peppers are cool enough to handle, halve peppers crosswise and remove stems, ribs, and seeds; scrape away charred skin. Slice peppers into 1-inch-thick strips and transfer to a large bowl. Season with salt and pepper; toss to combine.

Using the flat side of a large knife, crush garlic. Sprinkle garlic with salt and continue crushing with the flat side of the knife until a paste is formed. Add to bowl with peppers, along with capers and vinegar. Drizzle with olive oil and toss until well combined. Let salad stand at room temperature until ready to serve.

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Quick Roasted Roma Tomatoes

4 Roma tomatoes
1/2 tsp. ground fennel
1 T olive oil, plus a bit more to brush roasting pan
2 tsp. balsamic vinegar
sea salt and fresh ground black pepper
about 2 T fresh basil leaves,
2 T crumbled goat cheese

Preheat oven or toaster oven to 400 F. Wash Roma tomatoes, cut out stem and cut in half lengthwise. Mix olive oil and balsamic vinegar, then toss with tomatoes in the bowl until tomatoes are well-covered. Place tomatoes on an oiled roasting tray, cut side up.

Roast tomatoes 8-10 minutes, until they are warmed through and just starting to soften. Remove from oven and let cool 10-15 minutes. Season tomatoes to taste with sea salt and fresh ground black pepper. Serve warm or at room temperature, topped with goat cheese and thin strips of fresh basil.

News From the Farm

Breanne Storey was our winner in the draw for tickets to the Cooler Party fundraiser. In the spring we made an offer to customers if they signed up another subscriber for the box, their name would go into the hat for a draw. Congratulations Breanne, we'll see you on Sept 15th.

We still have tickets for our cooler party. We'd love to sell out the event and have all our friends and supporters together for the long table meal in the field. If you'd like a ticket, please email us.

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