



April 15, 2014

Frozen Berries	Leeks
Braising Greens	Rutabaga
Collards	Sprouting Brassicas
Cilantro	Sunflower Sprouts
Cucumber	

With my volunteer work with USC Canada, working with marginalized farmers around the world, I've learned about the concept of hunger months. This is the time between the storage capacity of last years' crops, and the abundance of the current season's bounty. These food security gaps can be overcome, to certain extent, through better storage and trials with different varieties. Mid-April to mid-May is our "hunger month" on the island. In today's box, we're using up the last of the storage veggies and harvesting the last of the overwintered greens before they go to seed. Somehow we always come through with food to fill your boxes, but it's a creative time for us, imagining what we will have for next week.

Sautéed Kale Tops

We just wash them and add them wet to a hot skillet with olive oil. Toss and turn, and serve when bright green. They also soak up flavours nicely, so after cooking sausages or a roast, deglaze the pan with a bit of water and sauté these tender stalks in the juice.

Cilantro Pesto

This pesto is amazing with crusty Italian bread, but can also serve as a dressing for chicken, pasta or beans. You can sub in sunflower seeds for the pine nuts.

1 cup fresh well-packed cilantro leaves
1 garlic clove, pressed or minced
1 tablespoon toasted pine nuts
1/2 teaspoon salt

Rinse and drain cilantro leaves. In a food processor, puree the cilantro, garlic, pine nuts and salt until smooth.

Quick Rutabaga and Leek Casserole

We whipped up this casserole in 15 minutes en-route to a potluck. It was a huge hit. It is a great recipe for root veggies that have lost their crisp texture.

1 lb leeks
1 lb rutabaga
2 lb other root veggies, like parsnips, carrots, beets, or turnips
4 tbsp butter

Peel and chop leeks and root veggies, run them through the slicer on your food processor, or more or less thinly slice them.

Heat a large skillet and add butter, put in all veggies, or do them in batches, to soften and coat with oil.

Topping

3 cups of breadcrumbs
1/2 cup ground almonds
3 tbsp olive oil

If you have breadcrumbs, great. If not, put a couple of slices of bread in the oven to crisp. Mix them up in the food processor, along with the almonds. Sprinkle in oil at the end to coat the crumbs.

Put the partly cooked root veggies in the bottom of the ungreased casserole dish, sprinkle on the topping and cook at 350 for 40 minutes.

News From the Farm

The Family Naturopathic Clinic is holding a benefit screening of OMG GMO on May 13th at CineCenta (UVic) at 7pm. Tickets are \$12.

Bear with us, we're in the process of finding a new delivery driver so if your box isn't in the right place, let us know and accept our apologies.

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