



For the week of December 2, 2014

Apples	Leeks
Beets	Rutabaga
Braising	Acorn Squash
Carrots	

Acorn Squash baked with Maple Syrup

2 medium acorn squash (about 3 1/2 lb)
1/4 cup (1/2 stick) butter
1/2 cup finely chopped onion
1/4 teaspoon ground nutmeg
1/2 cup canned chicken broth
1/3 cup pure maple syrup

Preheat oven to 400°F. Place squash halves, cut side up, on large baking sheet. Bake until very tender, about 50 minutes. Remove from oven and cool slightly. Using large spoon, scoop out squash flesh and transfer to large bowl.

Melt butter in heavy medium saucepan over medium-low heat. Add chopped onion and ground nutmeg and sauté until onion is tender and light brown, about 10 minutes. Transfer to bowl with squash. Add chicken broth and maple syrup. Puree mixture in batches in processor until smooth, occasionally scraping down sides of bowl. Season squash puree with salt and pepper. Return puree to same saucepan. (Can be prepared 4 hours ahead. Cover and let stand at room temperature.) Stir puree over medium heat until heated through. Transfer to bowl and serve.

News from the Farm

We're hoping this cold snap will help control our cabbage worm outbreak. It's been a really bad year for these cabbage moth larvae which feed on most of our winter crops like collards, kale and salad greens. Last week Robin was mulching her raspberry plants and she gathered great handfuls of the worms to feed to the chickens. The chickens go wild for the worms which is pretty gratifying.

There's been lots of weather-watching this week by your farmers. Most vegetables can be frozen and thawed in the field without much damage. However, harvesting must happen when the veggies are fully thawed, otherwise the frozen cells won't heal and the produce won't keep well. This is a feat when there are several days in a row when the temperatures are barely hovering over zero during a small window of the day. Eat up your veggies as soon as you can this week because they won't keep as well as usual.

Simple Spicy Braised Greens

1/2 lb braising greens (1 bag)
1 small clove garlic, sliced
2 Tbsp olive oil
2 Tbsp water
Pinch of dried crushed red pepper
1 teaspoon butter

Rinse the greens thoroughly, and remove any tough stalks. Roughly chop the leaves into inch-wide strips. Heat a saucepan on a medium heat, add olive oil, a few small slices of garlic and the crushed red pepper. Sauté for about a minute. Add the chopped braising greens. Cover. Check after about 5 minutes. If it looks dry, add a couple tablespoons of water. Flip the leaves over in the pan, Cover again and serve warm.

Rutabaga Fries

Move over sweet potato fries!
Heat several tablespoons of oil on a cookie sheet in a hot oven at 450°F. The key is to wait until the oil is good and hot, and then toss the fries in the oil and place in a single layer on the cookie sheet. Cook for 10 minutes, toss and cook again until golden and crisp.

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