



For the week of Dec 7, 2015

Apples	Garlic
Carrots	Leeks
Celeriac	Purple Top Turnips
Collards	Squash

We're going spicy this week to fight off winter blahs and to keep healthy! Enjoy your favourite veggies with a some heat!

### Spiced Carrots

- 1 bunch carrots
- 2 tablespoons unsalted butter
- 1 tablespoons brown sugar
- 1/2 cup water
- 2 teaspoons fresh lemon juice
- 1/2 teaspoon salt
- 1/4 teaspoon cinnamon
- 1/8 teaspoon cayenne, or to taste

Quarter carrots lengthwise, then cut into 2 1/2-inch pieces. Heat butter in a 12-inch heavy skillet over moderately high heat until foam subsides, then sauté carrots, uncovered, stirring occasionally, until slightly softened, about 5 minutes. Add brown sugar, stirring until sugar is melted. Stir in water, lemon juice, salt, cinnamon, and cayenne and simmer, covered, until carrots are tender and liquid is reduced to a glaze, 8 to 10 minutes.

### Spicy Root Veggie Stew

- 1 squash
- 1 large onion
- 1 large garlic clove
- 2 carrots
- 2 turnips
- 2 pieces of celeriac
- 1 can diced tomatoes
- 1 orange
- Olive oil
- 1/2 teaspoon cinnamon
- 1/2 teaspoon turmeric

- 1 pinch of chili powder
- Herbs: Thyme, 1 bay leaf, chopped cilantro or parsley.

Wash the squash and cut into chunks (don't peel). Peel the other vegetables. Wash and grate the orange zest and squeeze the juice. Sauté onion and garlic, in olive oil over low heat for 2 to 3 minutes. Sprinkle in spices, stir and then add the vegetables, and tomato but not the squash. Complete with 1/3 cup of water, salt, cover. cook for 10 minutes, then add the squash, thyme and bay leaf continue cooking 10 to 15 minutes. Check by sticking a knife if they are tender, pepper lightly after cooking. Sprinkle with cilantro or parsley on each plate. Serve with couscous or quinoa.

### Spicy and Sweet Collards

- 3 tablespoons olive oil
- 1 cup diced onions
- 1 tablespoon minced garlic
- 1 tablespoon crushed red pepper flakes
- 1 large bunch collard greens, stemmed and sliced thin
- 1 tablespoon sugar
- 1/2 cup chicken broth
- 1 tablespoon kosher salt
- 1 tablespoon cracked black pepper

Add the oil to a large pan over medium-high heat. Add onions, garlic and the red pepper flakes. Cook until slightly caramelized for about 2 to 3 minutes. Stir in the greens and toss well to wilt. Add the sugar and broth and toss together. Turn the heat down and cover. Cook until liquid is evaporated and greens become glazed, tossing occasionally, about 6 to 8 minutes. Season with salt and pepper and transfer to a serving bowl. Serve.

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