



December 10, 2013

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| Carrots  | Rutabaga                    |
| Garlic   | Winter Squash               |
| Leeks    | Frozen berries and tomatoes |
| Potatoes |                             |

Heather sent an email yesterday mid morning with the subject line: "Northbrook Clay + frozen H2O = problem." Two and a half days of serious sub zero temperatures put a kink in our plans to bring you our usual December frost sweetened veggies.

Interestingly, the loamier soil at Sea Bluff was penetrable enough (by jumping on a shovel and prying) to extract root veggies, but all except the rutabagas and watermelon radish were damaged when they thawed. Rachel at Three Oaks, was able to turn to her carrots in the greenhouse to supply our boxes. We've got some fun pics of the harvest up on the website.

The frozen tomatoes can be used anywhere you would use canned tomatoes.

### Simple Garlic Tomato Sauce

1 lb bag of frozen tomatoes  
1 head garlic, cloves peeled and halved lengthwise  
3 tablespoons extra-virgin olive oil  
hot red-pepper flakes to taste

Cook garlic in oil in a small heavy pot over medium heat, stirring occasionally, until golden, 3 to 5 minutes. Add tomatoes, with skins removed, red-pepper flakes, and 1/2 teaspoon salt and simmer, covered, stirring occasionally, 1 hour.

### 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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### Leek and Potato Soup

1 tbsp. butter or extra-virgin olive oil  
3 medium potatoes, any type cut into small cubes  
4 small leeks, well washed and chopped  
Salt and Pepper to taste  
4 cups chicken, beef or veggie stock

Place butter or oil in large, deep sauce pan. When oil is hot, add the vegetables. Season with salt and pepper, and cook, stirring for 2 or 3 minutes. Add the stock and cook until the vegetables are very tender, about 20 minutes. Adjust seasoning and serve. All recipes from *How to Cook Everything* by Mark Bittman

### News from the Farm

Farm Folk City Folk and USC Canada are teaming up to support a BC Seed Coop where farmers can sell their seed into a pool that will provide regionally adapted seed for sale to farmers and gardeners. Seed in BC is a huge industry, and is largely inaccessible to farmers. We're following the progress with interest because we've been growing seed commercially for the past few years and we're interested to learn how we can sell more of it. Because of the necessary isolation distances, and timing with seed, its very difficult for any one farm to grow a lot of diversity using proper practices. Unfortunately, as with any new entity, there are lots of logistics in building the foundation. We are hoping that it will be up and running in some form by spring.

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