



For the week of Dec 15, 2015



Apples  
Brussels Sprouts  
Carrots  
Collards  
Leeks  
Parsnips  
Squash

We're feeling reflective this week about another season come and gone. We are grateful to be blessed with fertile land, wonderful friends to work with and a lovely and appreciative community. We all had a taste of climate change this year with the extended drought. It meant extra work and stress, but ultimately it was very grounding to appreciate how ideal the former weather cycles had been. It is humbling to be at the mercy of the elements and we felt more connected than ever to our farmer colleagues across Canada and in the global South who have faced even greater climate challenges. That said, it was a year of plenty and the winter vegetables have been spared thus far. We're hoping the abundance will flow into the new year. We are grateful for your support and we look forward to having you beside us in 2016!

### Brussels Sprouts with Pecans and Garlic

1 stem of Brussels Sprouts, trimmed and halved  
3 tbsp of olive oil  
2 cloves of garlic, minced  
1 handful pecans  
salt and pepper to taste

Preheat oven to 400°F. In a bowl, toss Brussels Sprouts and pecans with olive oil, garlic, salt and pepper. Transfer to a small roasting dish and cook for 25 minutes, or until softened and golden brown.

Its hard to find a **collards** recipe on-line that doesn't involve excessive cooking with bacon, and ham bones. Don't get me wrong, this traditional way of cooking collards can be good, but its not really our West Coast style. We use collards exactly how we would kale. Its easy to roll up the leaves and then

slice them into ribbons. Add this to stirfries, omelettes or just steamed on their own as a side. They've been frozen a couple of times in the field which makes them extra sweet and tasty.

### Roasted Carrots and Parsnips

1 bunch carrots, peeled, halved lengthwise  
1 bunch parsnips, peeled, halved lengthwise  
3 tablespoons olive oil  
1 tablespoon butter  
1 tablespoons honey  
1 teaspoon balsamic vinegar

Preheat oven to 400°F. In a bowl, combine vegetables. Sprinkle generously with salt and pepper, then drizzle 3 tablespoons oil over vegetables on each sheet; toss to coat.

Roast vegetables 10 minutes; stir. Roast vegetables 10 minutes longer, stir, and reverse sheets. Continue roasting until vegetables are tender and slightly charred, about 15 minutes longer.

Melt butter in heavy small saucepan over medium heat. Stir in honey and vinegar. Drizzle honey glaze over vegetables and serve.

### News From the Farm

**This is your last box of the season.** Thanks so much for your support this year. Please remember to set out your boxes for our new delivery driver for the **first week of February**. We're bidding a fond farewell to Atley who has been wonderful to us during the past few years.

In other news, we are now able to receive payments by e-transfer. Find directions under the box delivery tab on the website. Happy holidays!

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