



December 3, 2013

Carrots	Parsley
Collards	Rutabaga
Garlic	Winter Radishes
Jerusalem Artichokes	Winter Squash (Delicata)
Leeks	

A reminder: our last delivery of 2013 will be Dec 17th. Delivery will resume on February 4 unless we hear from you. Deliveries will be bi-weekly until the first week in May.

Jerusalem Artichoke Pate

1 cup hazelnuts, finely ground
2 cloves garlic
1/2 cup Jerusalem artichokes, washed and chopped
2 tbsp nutritional yeast
2 tbsp each of olive oil, tamari and tahini
2 tbsp lemon juice, freshly squeezed
1 tsp rosemary
Preheat oven to 350°F. Place all ingredients, except the rosemary and hazelnuts, in the food processor and pulse until smooth. Add ground hazelnuts and pulse again. Oil a loaf pan and sprinkle with rosemary leaves. Scoop and spread dough evenly in pan. Bake at 350°F for 55 minutes. Allow to cool before serving. Spread on crackers or use for sandwiches.

Winter Radish Remoulade

1 lb. winter radish, peeled
3 tbsp. Dijon-style mustard
4 tbsp. olive oil
1 tsp. wine vinegar
1/4 cup minced fresh parsley leaves

Cut the radish into 2-inch-long fine julienne strips or coarsely grate it. Rinse a large bowl with hot water, dry it, and in it whisk the mustard with 3 tablespoons hot water. Add the oil in a slow stream, whisking until the dressing is emulsified, and whisk in the vinegar and salt and pepper to taste. Add the radish strips and the parsley and toss the mixture well. Serves 6.

Delicata Squash

This squash, has a delicate moist flesh that is light in colour and texture. Cut in half and roast at 400° F for 30 minutes or until tender. You can eat the skin and all! It is so sweet and moist that it needs very little accompaniment.

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Garlic Collards

1 bunch collard greens, stems and center ribs discarded and leaves halved lengthwise
2 garlic cloves
1 tablespoon olive oil
Fresh squeezed lemon juice

Stack half of collard leaves and roll into a cigar shape. Cut crosswise into very thin strips (1/16 inch wide). Repeat with remainder. Mince and mash garlic to a paste with 3/4 teaspoon salt. Heat oil in a 12-inch heavy skillet over medium heat until it shimmers, then cook garlic, stirring, 30 seconds. Add collards with 1/4 teaspoon pepper and cook, tossing, until just tender and bright green, 5-6 minutes. Serve with a squeeze of lemon juice.

Rutabaga Slaw

From the kitchen of Heather, the Rutabaga Maestra.

1 large rutabaga, peeled and grated
a generous splash of lemon juice
olive oil, salt and pepper

Grate the rutabaga in a bowl. Toss with lemon, olive oil, salt and pepper and serve.

News From the Farm

Robin was up-island on the weekend at Nanoose Edibles visiting with friend and former farm hand Caleb Huffman. Caleb is managing the 6-acre operation. We put so much into training our farm apprentices and farm hands, so it is wonderful to see them finding ways to stay farming and to use their knowledge. I ended up spending several hours longer at the farm than I intended but it was fascinating to see all the differences between our farming systems, and to have a first hand commentary from someone who has tried both systems. We have plans for some farm visits over the winter. Good fun.

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