



December 9, 2014

Apples
Beets
Collards
Napa Cabbage

Parsnips
Purple Top Turnips
Squash

We had the delight of a visit from Karen, a former farmhand who is running her own operation, Sweet Digz, in Richmond. It's always great to reconnect with the farmers we help train and to glean some of their tricks of the trade. She shared a great new technique she has for starting leeks in deep trays so they can blanch right from the start.

Napa Cabbage with Sweet and Spicy Dressing

1 head Napa Cabbage
3 tbsp. tamari
2 tbsp. rice wine vinegar
1 tbsp. honey or raw agave nectar
1-2 tsp. dark sesame oil
2 cloves garlic, finely minced or mashed
1 jalapeno or serrano pepper, finely chopped
1 tsp. sesame seeds

Steam the greens for about 5 minutes or until they are tender. In a small bowl, combine the other ingredients. Combine the greens with the dressing, and toss well. Garnish with additional sesame seeds. Serve right away or this is delicious chilled as well.

Balsamic-Dressed Roasted Beets

1 bunch medium beets
¼ cup fresh orange juice
1/8 cup balsamic vinegar
1 tsp. sugar
1 star anise
Salt and pepper to taste

Preheat oven to 400°. Leave root and 1 inch of stem on beets; scrub with a brush. Wrap beets in foil. Bake at 400° for 1 hour or until tender. Cool beets to room temperature. Peel and cut each beet into 8 wedges. Combine juice, vinegar, sugar, and star anise in a small saucepan; bring to a boil. Simmer for 10

minutes. Discard star anise. Combine beets, vinegar mixture, salt, and pepper; toss well.

Baked Beets, Parsnips and Turnips with Orange

2 ½ tbsp orange juice
2 tbsp maple syrup
2 tbsp nutritional yeast flakes
2 cloves garlic
½ tsp of each: cinnamon, nutmeg and paprika
3 tbsp olive oil
1 tbsp fresh grate ginger root
2 tbsp tamari
4 cups beets, sliced
2 cups parsnips, sliced
2 turnips, sliced

Prepare the sauce by mixing all ingredients in a jar. Shake well and set aside. Clean and slice all the veggies and place them in a baking dish. Stir in the sauce and bake at 350F for 40-50 minutes, stirring occasionally.

News from the Farm

We're almost done for the season, which is hard to believe because the fields are still looking full! We'll be sending out the Abundance Boxes on the 19th but the last regular box delivery will be on December 16, We'll resume again on February 3, 2015 so remember to put your boxes out for us then. If you are worried about getting through January without your regular dose of local organic, remember that the Moss Street Market will be on every Saturday 10-12. We will be there every 2nd week or so...we haven't decided yet. Lastly, let us express our gratitude for your support in helping us to what we love. It's because of you that a better food future is growing on Vancouver Island.

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