



For the week of February 15

Braising Greens
Carrots
Kohlrabi
Pea Shoots

Parsnips
Sprouting Broccoli
Frozen Blueberries

We came back from our Valentines Day hike shaking our heads. The fawn lilies were in bud. For those of you not familiar with the native white lilies, they are a mid April beacon of spring. What does it mean for a farmer when the indicators of spring come so early? Fortunately with this deluge we can't do anything anyway! Our worries today are focused on not swamping our boots while we pull parsnips and carrots.

When we were putting this box together, we couldn't help but think of it as the ultimate fresh snacking box. Carrots, kohlrabi and sprouting broccoli are amazing raw with a little prep. The kohlrabi needs to have its husk cut off, then it can be cut into snacking sticks.

Roasted Carrots and Parsnips

These are easily done nestled in beside a roast but can be great on their own as well.

1 bunch carrots

1 bunch parsnips

Any other root veg that you have on hand

Turn the oven on to 350°F. Boil the kettle and get a pot ready. Scrub and peel the carrots and parsnips. Put them in a pot of boiling salted water for 5 minutes

or until barely parboiled. Then, toss in olive oil, salt and pepper and put in a single layer on a tray. This is important because you want them to roast, and not to steam as they would piled on top of each other. Cook for 30 mins, flip and cook for another 20 minutes or until crispy and golden. The boiling step just makes them more tender!

News From the Farm

As you may know, we have a serious passion for seeds. Our staff seed grower, Lisa Willot was down in Oregon at Organic Seed Alliance conference last week learning from the who's who in the seed world. We have a big line up of our own seeds to sell at Seedy Saturday this coming weekend at the Victoria Conference centre.

If you can't make it to Seedy Saturday, we have our seeds up for sale in the webstore. Find the webstore under the Box Delivery Tab on our website.

We're also buying and selling seed with BC Eco Seeds Coop. We are members of this group of BC Seed growers who have embarked on a serious endeavour of developing rigorous criteria for quality so that our BC Seed is second to none. See <http://www.bcecoseedcoop.com>

Contact us: boxcoordinator@saanichorganics.com or 250-818-5807

Website and webstore: www.saanichorganics.com

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