



For the week of Feb 1 2016

Carrots	Rutabaga
Butternut Squash	Salad greens
Cilantro	Pac Choi
Leeks	

We're back! Phew, that was a nice rest. Our first recipe of 2016 features the underappreciated leek, the sublime onion family vegetable that grows so well on our coast. As farmers we appreciate the leek for its cold hardiness. I've brought a frozen solid leek into the house and had it defrost perfectly well, with no change in taste or texture. This recipe, by Yottam Ottolenghi, is a favourite in Rachel's house and is asked for regularly by her daughter. Its length may seem intimidating but it is well worth it!

Leek Fritters

Sauce

1 cup greek yogurt
2 garlic cloves, crushed
2 Tbsp lemon juice
3 Tbsp olive oil
½ tsp salt
½ cup parsley leaves, chopped
2 cups cilantro leaves, chopped

1 lb leeks
2 banana shallots, peeled and finely chopped
2/3 cup olive oil
1 red chilli, seeded and sliced
½ cup parsley, finely chopped
1 tsp coriander seeds, crushed
1 tsp ground cumin
½ tsp ground turmeric
½ tsp ground cinnamon
1 tsp sugar
½ tsp salt
1 egg white
¾ cup flour
1 Tbsp baking powder
1 egg
2/3 cup milk
4 ½ Tbsp butter, melted

Start by making the sauce. Put all the sauce ingredients into the bowl of a food processor, blitz together until a uniform green, then set to one side.

Cut the leeks into 2cm thick rounds, rinse and dry. Over medium heat, sauté the leeks and shallots in a pan with five tablespoons of oil until soft - about 15 minutes - then transfer to a bowl and add the chilli, parsley, spices, sugar and salt. Leave to cool.

Whisk the egg white to soft peaks and fold it into the vegetables. In another bowl, mix the flour, baking powder, egg, milk and butter to form a batter. Gently mix this into the egg white and vegetable mixture.

Put two tablespoons of oil in a frying pan over medium heat. Spoon the mixture into the pan to make four large fritters, and fry for two to three minutes a side, until golden and crisp. Transfer to kitchen towel and repeat, adding oil as needed, until the mixture is used up. Serve warm with the sauce on the side or drizzled over.

News From the Farm

We are starting the new year with a new delivery driver, Perry Dalley. Our previous driver, Atley, will be showing him the ropes, so you shouldn't notice too much of a disruption. Welcome Perry!

January is the month for ordering seeds for the upcoming season, planning crop rotations and interviewing potential apprentices and farmhands. Lisa, the manager of our seed business, "Seeds of the Revolution," is processing and packing our own seed envelopes for upcoming Seedy Saturdays (Victoria's is Feb 20). All this thinking about seeds fills us with hope and potential for the coming year. The energy is rising; we hope you feel it too!

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