



February 17, 2015

Braising Greens	Pac Choi
Brussels Sprouts	Acorn Squash
Kohlrabi	Frozen Blueberries
Leeks	

Its officially a 16-year record, this is the first time we've put Brussels sprouts in the box. Some of you may remember back to '98, Robin's first year of farming when we had Brussels sprouts in some of the boxes, because of beginner's luck. But its never been repeated, so enjoy! We were hoping to have these to you by Christmas but better late than never ☺

Brussels Sprouts

Trim any tough outer leaves off the sprouts and cut each one with an "x" on the bottom to make the stem part cook faster. Right before sitting down to your meal, toss them into a pot of boiling salted water, and cook for a scant 4 minutes or until just tender with a fork. Serve immediately. Serve with butter, or to kick it up a notch, melt butter with orange zest and small hit of orange juice in it for a citrus glaze.

5 Things to do with Kohlrabi

1. Eat it like an apple, sliced.
2. Slice on a sandwich for extra crunch
3. Cut into sticks and add to a veggies and dip tray
4. Grate onto salads, or on toasted baguette
5. Cut into chunks for a stirfry or roast.

Pac Choi Stirfry

2 tablespoons peanut or sesame oil
1 tablespoon minced garlic
1 tablespoon peeled and minced ginger
1/2 cup scallions, cut into 1-inch lengths
1 head Pac Choi, shredded
1 cup stock or white wine
1 tablespoon soy sauce
Minced chives or scallions for garnish

Heat a wok or skillet over medium high heat for 3-5 minutes. Add the oil, and almost immediately, the garlic, ginger and scallions. Cook, stirring for 15 seconds, then add the cabbage and turn heat to high. Cook, stirring constantly for 3 minutes and the liquid. Cook, stirring until it evaporates and the choi is tender, about 5 minutes more. Add the soy sauce and turn off heat. Season, if necessary, garnish and serve.

Baked Breaded Winter Squash

1 winter squash, halved, deseeded, then sliced into 1/4" thick slices (leave peel on. It's easier to remove while eating)
1 cup fine bread crumbs
3/4 tsp dried thyme
1/4 to 1/2 tsp salt
pepper to taste
4 tbsp butter, melted

Preheat oven to 375, put rack in upper third of oven. Stir together bread crumbs, thyme, salt and pepper in small bowl. Dip squash slices in melted butter then coat with bread crumbs. Place in single layer on baking sheet. Bake until tender, around 25 min.

News from the Farm

We're gearing up for a busy week! First we have the Farmer2Farmer conference all day Thursday. This day of local information sharing is becoming an institution for all the farmers on the South Island. Then on Saturday we have Seedy Saturday, our big day of seed sales at the Victoria Conference Centre. Then on Sunday we have our AGM for the Islands Organic Producers' Association, when our certification papers are due. Pitter patter!

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