



February 3, 2015

Braising Greens	Leeks
Carrots	Pac Choi
Cilantro	Delicata Squash
Garlic	

Happy 2015 everyone! We're excited to be back at it. Its been a great winter for us in terms of great growing weather and minimal crop loss. Often at this time of year we look around the fields and cross our fingers that we'll make it through the spring season. Not this year! So get ready for some delicious offerings.

Sesame Pac Choi

1 hd pac choi, (coarsely chopped)
2 tbsp light **oil**
2 tbsps **toasted sesame oil**
1 **large garlic cloves** (crushed and finely chopped)
1 **green chillies** (mild, seeded and finely chopped)
1 tbsp **Thai fish sauce** (optional)

Heat the groundnut oil in a large wok over a medium heat and add 1 tbsp sesame oil, the garlic, chilli, fish sauce (if using) and pak choi. Toss until coated and clamp a pan lid over them. Reduce the heat and cook for 3-6 minutes, tossing occasionally, just until the leaves have wilted (the stalks should be tender-crisp). Add the rest of the sesame oil and salt. Toss the leaves and serve immediately.

From BBC Good Food

Rutabaga and Carrot Casserole

This recipe calls for 2 tbsp of added sugar but we didn't add it, and it was plenty sweet.

4 **rutabaga (or all the roots from your box)**
4 **carrots**
2 tbsps **butter**
1/4 cup **milk** (optional)

Peel rutabagas and cut into large cubes. Place in cold salted water, and bring to a boil. When fork tender, drain.

Mash rutabagas with grated carrots, and butter. Place in oven at low temperature to keep warm. Cover so that the dish will not dry out. If it does, stir in a little milk.

From allrecipes.com

Carmelized Leeks

4 pieces leeks sliced
1/2 cup butter
2 tablespoons maple syrup
1 tablespoon zatar seasoning (we used mixed herbs)

Melt the butter in a medium sized frying pan. Add the leeks, maple syrup and zatar.

Cook slowly for about 20 minutes or until the leeks are caramelized.

from food52.com

News from the Farm

We are getting ready for the seed sales season again. Lisa, our amazing staff seed breeder, has been cracking the whip to get us through our germination tests and seed cleaning so we'll be ready for Seedy Saturday in a few weeks. We have over 40 varieties of our favourite veggies and flowers for sale. We're going to be posting them to our webstore shortly so you can have first access while we have everything in stock.

818-5807

info@saanichorganics.com

1438 Mt Newton Cross Road, Saanichton V8M 1S1