



February 18, 2014

Braising Greens	Frozen Strawberries
Cilantro	Sunchokes
Kakai Pumpkin	Sunflower Sprouts
Parsnips	

Sunchoke Chips with Guacamole

½ pound of sunchokes
1 tablespoon of olive oil
Salt and pepper
1/2 teaspoon of paprika

Guacamole:

1 large avocado, skin and stone removed
lime juice, to taste
1/4 teaspoon of chili powder
salt and pepper, to taste

Preheat the oven to 350 F. Line 2 baking sheets with parchment paper. Scrub the sunchokes, so that the skin is perfectly clean. Using a sharp knife, slice the sunchokes into potato chip thin discs. Place the discs into a bowl with the olive oil, salt, pepper and paprika. Toss the sunchokes in the olive oil and seasonings so that they are all covered in oil. Place the sunchokes in a single layer on the baking sheets, and put in the oven for 10-15 minutes. Remove from the oven and turn the sunchokes over so they get cooked on both sides. Put the sunchokes back in the oven for a further 10 minutes. They should be a nice golden brown color and crisp on both side. Remove from the oven and allow to cool while you make the guacamole.

For the guacamole -Mash the avocado flesh with a fork. Add a good splash of lime juice. Season with chili powder, salt and pepper. Taste and adjust seasoning if desired. Mix well together with a fork, and serve straight away with the sunchoke chips.

It was really nice visiting with a few of you at Seedy Saturday. We love when you stop in to say hi when you see us at a booth.

The kakai pumpkins in your box are grown especially for their seeds but the flesh is nice as well but needs some extra seasoning. For the seeds, scoop them out of the inside of the pumpkin, toss them in olive oil, salt and pepper and roast on 225F for a half hour or until crisp.

Honey Pumpkin Pudding

1¾C pumpkin puree
½ C honey
2 large egg
¼ C cornstarch
1 tsp pumpkin pie spice
1½ C whole milk or milk substituted
pinch sea salt

In a saucepan combine the pumpkin puree with the honey over medium low heat and whisk until the honey has melted enough and the two are completely combined.

Make sure the mixture is not too hot and add in the eggs. Mix the cornstarch with a small amount of milk until there are no lumps then add the cornstarch mixture along with the spice, the rest of the milk and a pinch of salt to the pot.

Whisk together and cook over medium heat just until thickened and just starting to boil. When thick, remove from the heat and pour the pudding into individual ramekins. Pudding will thicken more as it cools.

Let cool slightly before covering with plastic wrap and refrigerating until ready to serve.

To serve top with a sprinkle more pumpkin pie spice if desired and a dollop of sweetened whipped cream.

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News From the Farm

We're starting our seedlings and its pretty exciting to at the beginning of a new season! The light is returning.

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