



For the week of March 15, 2016

Braising Greens	Parsnips
Brassica Tops	Pea Shoots
Carrots	Rutabaga
Green Onions	Frozen Blackberries

We're hoping for a sunny week coming up. March is always a bit of torture - waiting for the soil to dry up so we can plant, then hoping it stays dry so the seeds won't rot. Its all about windows of opportunity and gambling with getting seedlings ready. Its more sensible to wait for April but pretty fun to get a jump on the season.

Spring Greens with Garlic and Lemon

Half fill a large pot with salted water, bring to the boil and add braising greens and brassica tops. Cook for 2 or 3 minutes until the greens are tender, or al dente, then drain in a colander.

Put a medium skillet over medium heat. Add a generous splash of olive oil and a few cloves of minced garlic. Fry the garlic until lightly coloured, then throw in your cooked greens. Season and stir around to coat in all the lovely flavoured oil.

After 1 minute, remove from the heat, and squeeze in the lemon juice. Stir once more, check the seasoning again, and serve immediately. Great with grilled meats or scallops, or even served cold on an antipasti plate.

Roasted Carrots and Parsnips

1 lb carrots peeled, halved lengthwise
1 lb pounds parsnips, peeled, halved lengthwise
3 tablespoons olive oil
1 tablespoon butter
1 tablespoons honey
1 teaspoon balsamic vinegar

Preheat to 400°F. Toss carrots and parsnips in a bowl with oil, salt and pepper. Place on an oiled baking sheet. Roast vegetables for 30 minutes, stirring every so often, until they are golden brown. Melt butter in heavy small saucepan over medium heat. Stir in honey and vinegar. Drizzle honey glaze over vegetables and serve.

Both recipes adapted from Jamie Oliver

News From the Farm

Its always a fun time welcoming new farmhands on to the farm. Fresh enthusiasm is contagious, and new eyes on our systems is refreshing. There's always room for improvement! Its especially great when we get experienced farmhands coming from other operations. This is becoming more common as the organic movement grows, and we look forward to training less and being trained more!

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