



March 17, 2014

Braising Greens	Rutabaga
Garlic	Sprouting Brassicas
Leeks	Frozen Strawberries
Parsnips	Delicata Squash

Can you help us solve the mystery of the missing wooden Saanich Organics' crates or cardboard boxes? We promise no one will be judged for having more than one crate out for pick-up. If you know anyone who could be harbouring crates, call our hotline and we'll arrange a friendly pick up. In the meantime we've ordered a new batch of crates so we apologize to those having deliveries in cardboard this week.

We've got sprouting brassicas for you this week. They are a seasonal specialty, picked from the tops of kale, collards, and turnips. The plants send up these shoots in the hopes of setting flowers which will eventually become their seed. They can be steamed like greens or stir-fried like broccoli.

Mashed Rutabaga with Potato

If you've never been a rutabaga fan this will win you over. The potato thickens the texture nicely.

2 medium rutabagas, peeled and halved
1 medium potato, peeled and halved
butter, salt and pepper to taste

Steam potato and turnip together in a steamer until tender. Mash and stir in butter, salt and pepper.

Hollyhock Yeast Salad Dressing

½ cup nutritional flake yeast
1/3 cup water
1/3 cup tamari
1/3 cup apple cider vinegar
2 tbsp crushed garlic
1½ cups sunflower oil

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Combine first 5 ingredients in a blender until thoroughly mixed. While still mixing on high, pour the oil in a slow, steady stream. Add all the oil or stop when desired consistency is reached. This dressing will keep for up to 2 weeks.

Root Festival White Bean and Fennel Soup

¼ cup olive oil
1 large onion
2 small fennel bulbs, thinly sliced
4 cloves garlic, chopped
1 Tbsp. each of chopped fresh rosemary and oregano
1 cup white wine
1 cup canned or cooked white beans, drained
8 cups chicken stock
1 carrot, 1 celery rib, 1 rutabaga, 1 parsnip
½ a delicata squash

Heat the oil in a large saucepan over medium heat. Add the onion and fennel and sweat for 30 minutes, uncovered or until meltingly tender. Add the garlic, rosemary and oregano and simmer for 5 to 10 minutes or until liquids have evaporated. Deglaze the pot with wine. Add the beans and stock and simmer for 45 minutes.

Cut the vegetables and squash into ¼ inch dice and add to the soup. Simmer for 15-30 more minutes or until the vegetables are tender to your liking.

From Cooks in My Kitchen by Norton and Thuna

News From the Farm

The Young Agrarians are the buzz on social media these days. First with the Rockstar Farmer tour last Sunday and then with their mixer sleepover next weekend in Nanaimo. They are attracting significant numbers of serious youth with is a great sign for the future of farming. www.youngagrarians.org

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