



March 4, 2014

Braising Greens	Pea Shoots
Carrots	Purple Top Turnip
Green Onions	Frozen Strawberries
Leeks	Squash (delicata or spaghetti)

We heard the frog chorus in the pond for the first time this year on Sunday night. There's no denying now that spring is here.

I want to give a little plug here for the wee green onions in the box today –what little stars they are for holding out during not one, but two below -10C snaps and handling some snow cover! Use them as a flavourful garnish on soup, salad or scrambled eggs.

Roasted Turnips and Leeks with Balsamic Glaze

2 turnips, cut into chunks
2 leeks, cleaned and cut into chunks
2 cloves of garlic, coarsely chopped
a sprigs rosemary
2 Tbsp balsamic vinegar
1/4 cup olive oil
salt and pepper to taste

Preheat the oven to 400°. Toss the turnips, leeks, and garlic with the olive oil, balsamic, and rosemary and season with salt and pepper. Combine in a roasting pan and roast for about an hour, or until the edges are crispy. Remove from the oven and serve warm.

Spaghetti Squash with Herb Butter

1 spaghetti squash, (3 lb/1.5 kg)
1/4 cup (60 mL) freshly grated Parmesan cheese

Herb Butter:

3 tbsp (45 mL) butter
1 large clove garlic, minced
1/4 tsp (1 mL) salt
2 tbsp (30 mL) chopped fresh sage or fresh basil or fresh parsley
1/4 tsp (1 mL) pepper

Halve and seed squash. Place, cut side down, on lightly greased baking sheet; bake in 400°F (200°C) oven for about 1 hour or until flesh is easily pierced. Using fork, gently scrape cooked strands from squash; transfer to large bowl. For moister squash, add some water to the baking dish while cooking

Herb Butter: Meanwhile, in small saucepan, melt butter over medium-low heat; add garlic and salt. Cook for about 5 minutes or until garlic starts to turn golden. Remove from heat; stir in sage and pepper. Pour over squash; add cheese and toss.

Both recipes adapted from Canadian Living.com

The pea shoots in your box are from our friends at Sun Trio. We get their sprouts every year in the spring to help round out your boxes while were short of greens.

News From the Farm

We're gearing up this week for the Farmer2Farmer Conference at the Saanich Fairgrounds. This is a day of local information sharing. We're looking forward to a tour of the Mitchells Farm in Central Saanich, as well as to machinery and mechanical weeding workshops from some of the bigger farms.

We've got our tomato plants started under heat and lights and they are starting to poke up. Its always exciting to see the vigour of different seeds. This year its especially interesting because many of the seeds were saved by us and we get to see them shine. If you are doing a home garden and you'd like to have some of your favourites from Saanich Organics, you can get our seeds from the markets: the Hudson on Saturdays and Moss Street and James Bay, come April and May respectively.

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