



March 17, 2015

Braising Greens
Cabbage
Chard
Garlic

Leeks
Pea Shoots
Hubbard Squash
Blueberries

The dry weather that preceded this last weekend had us busy turning over the fields for the early crops. It's always a guessing game this time of year: to plant or not to plant. Since seeds are such a big expense, if we plant too early and they rot, it's a big loss. However, it's quite the ego trip to have the first radishes at the market! Robin succumbed to temptation while Heather waited. We'll keep you posted about who made the lucky call.

This is the last squash of the season. The giant hubbards are always a guaranteed keeper so they are our fail safe. We've never put them in the box before because they are so tough to cut. The cleaver doesn't make the tidiest edges so forgive the hack job.

Some of you have been wondering what to do with the pea shoots and sunflower sprouts. They are lovely in salads, stirfries, sandwiches, and when they getting old, we just chop them up into casseroles or omelets.

Cabbage and Lime Salad with Roasted Peanuts

1/2 small green cabbage, shredded (about 6 cups)
Salt to taste
Fresh spinach or kale, cut into 1/2-inch wide ribbons (about 4 cups loosely packed)
2T fresh lime juice (from about 1 lime)
1/2 T Dijon or other salty prepared mustard
1/4 teaspoon ground cumin
2T peanut or grapeseed oil
1/4 cup roasted unsalted peanuts, coarsely chopped
Freshly ground black pepper

In a large bowl, toss the shredded cabbage with the chopped greens and salt. Add the chopped greens. In a medium bowl, whisk the lime juice, mustard and cumin together. Add the oil in a thin stream, whisking

constantly until the ingredients are thoroughly emulsified. Toss the salad with the dressing and add the roasted peanuts. Season to taste with salt and pepper. *Adapted from My Smitten Kitchen*

Savoury Leek and Squash Casserole

1 1/2 pounds banana or hubbard squash, peeled and seeded
3 leeks (1 1/4 lb. total)
2 tablespoons olive oil or butter
1/2 cup chopped shallots
1/4 teaspoon ground nutmeg
About 1/4 teaspoon salt
1/8 teaspoon pepper
1 large egg, beaten to blend

In a 2- to 3-quart pan over high heat, bring 4 to 6 cups water to a boil. Cut squash into 1-inch chunks. Add to boiling water, cover, and simmer until tender when pierced, 12 to 14 minutes. Drain and mash squash with a potato masher or a mixer.

Meanwhile, cut off and discard tough green tops, root ends, and coarse outer layer of leeks. Split leeks in half lengthwise and rinse well. Thinly slice. In a 10- to 12-inch frying pan over medium-high heat, combine oil, leeks, and shallots. Stir often, until vegetables are limp, 5 to 7 minutes. Remove from heat. Add mashed squash, nutmeg, 1/4 teaspoon salt, pepper, and egg; mix well.

Spread in a shallow 1-quart casserole. Bake, uncovered, in a 350° oven until lightly browned on top, about 45 minutes (35 minutes in a convection oven). Add salt to taste.

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