



March 3, 2015

Broccoli/Cabbage	Pea Shoots
Carrots	Leeks
Collards	Strawberries
Jerusalem Artichokes	

We've been busy in our greenhouses this week seeding our main season crops in trays for transplanting: kale, chard, tomatoes, and onions are all tagged and set out to sprout. We've been wheelbarrowing compost to our perennial crops like rhubarb, asparagus and fruit trees. Its starting again!

Carmelized Shallots

2 Shallots
2 tbsp canola oil
1 tbsp butter
pinch of salt and pepper
white wine to deglaze pan (optional)

Peel and thinly slice shallots. Put a heavy bottomed skillet on high heat, add the oil and butter. When rings form in the bottom of the pan, the oil is hot enough. Turn heat to medium low, and add shallots, tossing to coat them in the oil. Sprinkle with pepper. Cook them over low heat for 20 minutes or until soft and golden brown. Deglaze the pan with a splash of white wine, and serve warm or cold on your favourite dishes.

Oven-baked Tomato Herb Soup

1 onion, chopped roughly
2 whole garlic cloves
2 lb root vegetables (carrots, leeks, parsnips, Jerusalem artichokes) chopped roughly
4 tablespoons olive oil
2 teaspoons clear honey
4 thyme sprigs
4 rosemary sprigs
2 bay leaves
4 ripe tomatoes, quartered
1.2 litres stock

Toss the onion, garlic and root veg with the oil and honey; place in roasting pan; add herbs. Place in preheated oven, 400F, for 25 mins; add the tomatoes and roast for a further 25 mins; reduce temperature to 375F.

Discard the herb sprigs and put the veg into a blender; add half the stock and process until smooth; blend in the remaining stock; season; transfer to a casserole, season to taste and bake for 20 mins.

Farm Berry Mousse

1 pkg of silken tofu
2 tbsp soy milk, or for texture
1 package berries
Maple syrup to taste

Whirl ingredients in a food processor until smooth. Or omit berries, and add 2 tbsp cocoa instead. Then serve topped with berries.

News from the Farm

We're entering the time of year that we think of as our "hunger months". Most of the storage crops are used up or dried up, the crops in the field are starting to go to seed and this year's new crops aren't mature yet. March and April are the toughest months to fill our boxes because there are slim pickings. Somehow we always manage but bear with us as we struggle through this lean time.

Its humbling to imagine what First Nations and settlers have or had to do during these months to get by. When saved seed is edible –like wheat, potatoes and corn, the temptation is to eat these crops for sustenance. This can compromise next years' crops.

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