



November 11, 2014

Apples
Carrots
Celeriac
Parsley

Pac Choi or Tatsoi
Acorn Squash
Leek
Jalapeno Peppers

We apologize about the look of our pac choi, but it's so tasty that the critters want it as much as we do! We've put it in your box at a discount so you can enjoy more of the premium veggies. Here is a classic stir fry recipe. Use as is or add your chopped leeks and carrots to give it more variety.

Stir-Fried Pac Choi with Ginger and Garlic

1 tablespoon olive oil
2 cloves garlic, minced
1 tablespoon minced fresh ginger
1 head chopped fresh pac choi or tatsoi
2 tablespoons tamari
Salt and ground black pepper

Heat oil in a large skillet over medium heat. Add garlic and ginger and cook 1 minute. Add pac choi and tamari cook 3 to 5 minutes, until greens are wilted and stalks are crisp-tender. Season, to taste, with salt and black pepper.

One of our favourite ways to use celeriac is in a slaw. Just substitute it for cabbage in any recipe. Bring your carrots, celeriac and parsley together in this favourite from Laura Matthias in *Extraveganza; Original Recipes from Phoenix Organic Farm*:

Fern's Carrot Cabbage Kale Salad

2 cups carrots grated
2 cups green cabbage, grated or sub celeriac, grated (cut off outer hard skin)
1 cup kale finely chopped
5 T olive oil
5 T lemon juice freshly squeezed

5 T tamari
4 cloves garlic
½ cup parsley finely chopped
1 cup raisins
½ cup walnuts coarsely chopped
2 T dulse flakes (optional)

Combine all ingredients in a large bowl and mix thoroughly. Chill and serve.





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250-818-5807 info@saanichorganics.com
1438 Mt Newton Cross Road, Saanichton BC V8M 1S1