



For the week of November 18, 2014

Apples	Potatoes
Carrots	Turnips
Chard	Delicata Squash
Chicory	

We're freshly back from the BC Seeds Gathering in Richmond last weekend, with equal doses of inspiration and depression. We exchanged ideas, techniques and struggles with 90 other seed growers from across the province. We were moved by the commitment of folks to steward varieties, to painstakingly breed better stock over many years and to hold themselves to top-notch quality standards. We were saddened to learn that although the seed industry in BC is worth over \$5 billion each year (\$6 million in organic seed), the growers in our group were barely scraping by after decades of building their businesses. One prominent mentor of ours is talking of folding. What is the answer? The group has formed a cooperative, BC Ecosed, and together we're going to brand and promote BC seeds to showcase our amazing quality seed and keep those dollars here.

### **Radicchio and Arugula Salad**

The key to eating bitter greens is to mix them with many tastes – salty, sweet, spicy, crunchy, etc. Get ready for the amazing sensory experience!!

- 2 cups of arugula leaves
- ¼ cup Parmesan cheese, grated
- ¼ radicchio, finely sliced
- 1 tbsp balsamic vinegar
- 3 tbsp extra virgin olive oil
- a little sea salt and freshly ground black pepper
- a little Parmesan

Optional ingredients: toasted pinenuts or sliced almonds, roasted red onion.

Toss arugula, parmesan and radicchio in a bowl, dress with olive oil and balsamic. Season and top with more cheese for effect!

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You've got all the fixings for a nice tray of roast veggies. The delicata can be halved, gutted and then cut into ½" thick slices which can be tossed in with chopped potatoes, turnips and carrots, all nicely coated with olive oil, salt and pepper. Roast at 350F for 40 minutes, stirring twice. In the last 20 minutes of cooking, add in chopped chicory or radicchio that has been tossed in oil. Amazing! This trick can work with kale and chard as well.

### **Finnish Carrot and Turnip Casserole**

- 3 large carrots, cubed
- 1 large turnip, cubed
- 3 tablespoons softened butter
- 1/2 teaspoon salt
- 1/4 cup all-purpose flour
- 1/8 cup brown sugar
- 2 eggs
- 1/2 cup milk
- 2 tablespoons white sugar mixed with cinnamon

Preheat an oven to 350°F and grease a 2 quart casserole dish. Place the carrot and turnip cubes into a large pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, about 20 minutes. Drain and allow to steam dry for a minute or two. Return the carrots and turnips to the pot, and mash well with the butter, salt, flour and brown sugar. Whisk together the eggs and milk in a bowl, then stir into the mashed carrot mixture until blended. Scrape into the prepared casserole dish. Sprinkle cinnamon and sugar over the top of the carrot mash. Bake in the preheated oven until the carrot mash has slightly firmed and the top has begun to turn golden brown, about 45 minutes.

### **News from the Farm**

We would be most grateful if you could help us promote the winter abundance boxes! We're getting excited about thinking how to display them in beautiful boxes tied up with jute and holly from Sea Bluff. We think they will be a very special gift.

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