



Our farmhand situation is shifting as some move on to other projects and some find other work for the winter. We'll be on a bare bones crew from now till Spring. We'll be harvesting your produce on Mondays as usual, and every second Friday for the Moss St Winter markets. The first one was held this past Saturday and was a very successful, busy couple of hours. We'll look for some of you there over the coming weeks! Note that your last box of the year will be Tues Dec 16.

Parsnip Salad with Walnuts and Dates

Adapted from *Local Flavors Cooking and Eating from America's Farmers Markets* by D. Madison

- 1 or 2 firm white parsnips
- Salt and Pepper to taste
- 2 tsp freshly squeezed lemon juice or more to taste
- 1 tsp grated lemon zest
- 2 tsp honey
- 8 large medjool dates, pits removed
- ¼ cup yogurt
- 6 walnuts, cracked and chopped

1. Peel the parsnips. Cut them in half crosswise and cut a slice off the very top so that you can see the ring of flesh surrounding the core. Grate them on a box grater without bearing down too hard so that the pieces will be thin. Keep your eye on the top of the parsnip and stop grating when you get to the core. Toss the grated parsnip with ½ teaspoon salt, some pepper, the lemon juice, zest, and honey.
2. Cut each date half into 4 pieces. Add these to the parsnips with the yogurt and toss well. Taste for salt and lemon, adding more if needed. Cover and refrigerate until ready to serve, then toss once more with the walnuts.

For the week of November 3, 2014

- | | |
|-------------------|-----------------|
| Apples | Pac Choi |
| Beets | Spagetti Squash |
| Peppers | Parsnips |
| Watermelon Radish | |

Roasted Spaghetti Squash with Herb Butter

- 1 spaghetti Squash**
- ¼ cup grated parmesan**
- 3 tbsp butter**
- 1 large clove garlic, minced**
- ¼ tsp salt**
- 2 tbsp chopped fresh sage, basil or parsley**
- ¼ tsp. pepper**

Cut squash in half lengthwise and lay it open face down in a pan with a cup of water in the bottom. Bake at 375°F for 45 minutes, or until tender. Transfer squash to a bowl after removing the skin. Meanwhile, in a small saucepan, melt butter over med-low heat. Add garlic and salt and cook for about 5 minutes until garlic turns golden. Remove from heat, stir in herb and pepper. Pour over squash, add cheese and toss.

News from the Farm

This warm, wet weather is causing more growth in our crops, but also new problems we don't usually experience this time of year. Rachel is seeing powdery mildew on the carrot tops and cabbage worms in the salad greens and the swiss chard. After 18 years in the business a farmer can still be surprised. I guess that's what happens when working with ecosystems rather than static objects. This work is never boring!

This year we are offering a one-time Winter Abundance Box to provide some storage foods for you and your loved ones through the dark days of winter. Choose from a \$50 or \$100 box, filled with storage crops like squashes, potatoes, beets, turnips and carrots. To order call Niki at 250-818-5807 or email admin@saanichorganics.com. It'll make a great gift!



For the week of November 3, 2014

Apples	Pac Choi
Beets	Spagetti Squash
Peppers	Parsnips
Watermelon Radish	

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