



November 12, 2013

Apples	Pac Choi
Beets	Parsley
Carrots	Rutabaga
Jalapenos	Delicata Squash
Leeks	

Starting off with some administrative details: our last delivery of 2013 will be Dec 17th. Delivery will resume on February 4 unless we hear from you. Deliveries will be bi-weekly until the first week in May.

Also, please leave your boxes out in a dry place. The rainy season is upon us, and the wet is really hard on our boxes. We're pretty proud of the new boxes and we'd like your help to keep them in good shape.

We've featured rutabaga fries regularly in the newsletter because they are so amazing –rivaling sweet potato fries in our eyes even when unseasoned. However, this New York recipe takes rutabaga uptown!

Deborah Madison's Roasted Rutabaga Batons With Caraway and Smoked Paprika

2 lbs. rutabagas
2 to 3 tbs. sunflower-seed oil
1 tsp. sea salt
1 heaping tsp. caraway seeds
1 tsp. smoked paprika
Ketchup, for serving (optional)

Preheat oven to 400. (1) Using a sharp knife or a vegetable peeler, peel the rutabagas going right down to where you see the color change in the flesh, about 1/8 inch. Halve them lengthwise, then (2) cut each half crosswise into 1/2-inch-thick slices. (3) Cut the slices into batons about 1/2 inch wide. Don't worry about the oddly shaped ones; they will taste the same. Toss the rutabagas with oil to coat fairly generously, then toss with salt and the caraway seeds. Spread the batons in a single layer on a sheet pan. Roast the batons until they have colored a bit, look crisp in places, and are tender when you take a sample bite, about 35 minutes. Twice during roasting, move the

batons around the pan to ensure they cook evenly. When the batons are ready, toss them with the paprika, then taste and add more if desired. Serve hot, with or without ketchup. Serves 4. *Adapted from Vegetable Literacy, by Deborah Madison*

Pac Choi in Noodle Broth

¼ cup miso paste
1cm root ginger, peeled and shredded
½ bunch salad onions, sliced
1 cup button mushrooms, sliced
1 pac choi,
1 250g Rice Noodles
¼ cup fresh coriander
1 tbsp Tamari Soya Sauce
3 tbsp corn flour
4 tbsp vegetable oil
Firm Tofu
1 jalapeno, deseeded and finely sliced

Pour 6 cups of boiling water from the kettle into a large pan and return to the boil. Add the miso paste, the ginger, salad onions and button mushrooms. Break the pac choi into individual leaves and add to the pan. Cover and simmer for 2-3 minutes until the pac choi is beginning to wilt and the mushrooms are softening.

Add the noodles, coriander and soya sauce to taste. Cover and remove from the heat.
3 Heat the oil in a large non-stick frying pan. Place the cornflour on a plate and cut the tofu into 2-3cm cubes. Pat them dry with kitchen paper, then lightly dust each cube in the cornflour. Fry for 3-4 minutes over a high heat until golden. Pour the broth into bowls, top with the tofu, and serve garnished with the jalapeno.

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