



For the week of Nov 15, 2016

Apples • Carrots • Celery • Celtuce
Chard • Garlic • Green Onions
Chili Pepper • Rouge Vif Squash

We were intoxicated by the melony, cucumber-like smell of the Rouge Vif pumpkin as we were slicing it for you. Our biggest pumpkin was 40 lb. These pumpkins were common squash in the markets of Paris in the 1800s, and they make exquisite soup!

Many of you will not have tasted Celtuce before. It is also called Bau Sin, and is a staple in Chinese cuisine. It is a lettuce that is prized for its thick stem. We think it has the 5th taste, umami. What do you think?

Grilled Celtuce

1 celtuce stem
4 tbsp of tamari
2 tbsp sesame oil

Cut the leaves from the stem of the celtuce and reserve. These can be eaten like Romaine lettuce. Peel the stem with a knife and cut off any tough or discoloured bits. Cut into 1/2" rounds and marinade in the tamari and sesame oil mixture for a few minutes.

Heat a skilled over medium heat and fry the celtuce medallions for 5 minutes or so on each side.

Simple Carrot, Apple and Celery Slaw

2 apples, cored and cut into 1/4-inch matchsticks
1 tbsp. fresh lemon juice
1/2 head celery, diced

3 tbsp. golden raisins
2 medium carrots, cut into 1/8-inch matchsticks
3 tbsp. vegetable oil
1 tbsp. apple cider vinegar
1 tbsp. Dijon mustard
salt and freshly ground pepper

In a large bowl, toss the apples with the lemon juice and let stand for 5 minutes. Add the celery, raisins, and carrots, and toss to combine.

In a small bowl, whisk the oil with the vinegar and mustard. Pour in vinaigrette, season with salt and pepper, and toss until evenly combined. Let the salad stand for 10 minutes before serving.

News from the Farm

I know, I know, if its too cold we complain about losing crops to freezing, and if its too wet we complain about rotting, and if there's snow... But what about complaining if its too warm? Im going for it!

Our garlic is already up 4 inches and it was planted mid October, the normal time. Its not supposed to sprout until February! And our Brussels Sprouts are getting enormous! However, they need a good frost before they start tasting right. What should I do? Harvest mediocre sprouts? or leave them to grow even bigger? Its all uncharted territory for us in this usually warm winter.

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