



November 19, 2013

Apples	Chili Peppers
Carrots	Watermelon Radish
Collards	Red Kuri Squash
Escarole	Tat Soi
Fennel	

A reminder: 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.

I just learned that the Chinese call Watermelon Radish: Xi lin mei, which means “beautiful on the inside.” A very appropriate way to describe the gorgeous middle of these yummy radishes. They are lovely raw, sliced thin with salt and butter, or sprinkled with vinegar and sugar.

Watermelon Radish and Escarole Salad

2 watermelon radishes, peeled and cut into matchsticks

1 head escarole or endive, washed and torn into bite sized pieces

dressing: 2 parts olive oil, 1 part honey, 1 part Dijon mustard

Whisk together dressing. Toss together with radishes and greens. Season with salt and pepper.

Oil infused with hot peppers

A staple in our kitchen is hot pepper oil, and we use it to add heat to everything from omelets to salad dressing to soups.

1 hot pepper minced, seeds and all
2 cups canola or other stable oil

Heat oil over medium to low heat in a saucepan. Add pepper, and stir around. Turn heat right down and allow to infuse in the warming oil for 20 minutes. Strain oil and store it in the fridge.

818-5807

Honey Fennel Dressing

The nutty, creamy consistency of this dressing is the perfect complement to the bitter escarole greens

½ cup olive oil
¼ cup lemon juice
2 tbsp honey
¼ cup tahini
handful of chopped fennel greens
¼ cup of ground pumpkin seeds
salt and pepper to taste

Combine all ingredients in a food processor or with a hand blender.

News From the Farm

Hands off the Agricultural Land Reserve! A handful of farmers and activists are organizing a town hall meeting where citizens can share their concern about the current government’s plan to change the structure of the Agricultural Land Commission so it will no longer be an arms length tribunal. Farmland in BC is already under pressure from developers, and giving local and provincial governments direct control over its use is a bad idea.

Come out and learn about the issues. The meeting will be held on November 27th at 7pm at the Mary Winspear Auditorium. For more information about the scheduled speakers visit www.farmlandprotection.ca

Also, write letters to your MLA to tell them hands off the ALR!

info@saanichorganics.com

1438 Mt Newton Cross Road, Saanichton V8M 1S1