



For the week of Nov 1, 2016

Apples • Beets • Celeriac • Chard
Dandelion Greens • Garlic
Acorn Squash

We had an epic harvest day to get ready for the opening of Whole Foods at Uptown Mall. As one of their “preferred” suppliers, we’re having to step up our game! It’s going to be an interesting few months getting to know Whole Foods and how their presence will work in to the local food scene here in Victoria. Not to worry - our box program members are first and foremost in our hearts and field contents-planning!

Roasted Beet and Dandelion Green Salad

1 giant beet, trimmed and scrubbed
1/4 cup extra-virgin olive oil
Coarse salt
4 cups dandelion greens, thick stems removed
2 teaspoons cumin seeds
Sea salt

Preheat oven to 400 degrees. Quarter beet, and rub with olive oil. Roast for 45 minutes, or until tender. Rub off skin, and cut beet into bite size pieces. Arrange beets and dandelion greens in a serving dish. In a skillet, bring remaining 3 tablespoons oil and cumin seeds to a simmer; toss with beets and greens. Sprinkle with sea salt and serve.

Simple Roasted Acorn Squash

1 squash, halved with seeds and strings removed
Salt and Pepper
1 tbsp butter
1/2 tsp nutmeg
Preheat oven to 374°F. Sprinkle open cavities of squash with salt and pepper and cook them, inverted on a buttered baking dish for about an hour, or until soft. Scoop out insides, and puree with butter and nutmeg.

News From the Farm

We’re entering the official “off” season. I get nostalgic for the old days when we didn’t know how to grow very much in winter. With no produce to harvest, we would sit by the fireplace and contemplate the season past and the season to come. (Actually, that is a bit misleading because we had to get winter jobs to stave off poverty and to have enough cash to buy seed so we could start all over - but the memory of nothing to do is blissful). There really is no off-season now. Our fields are full of produce, and the main season is so busy that winter has to be a time of intense preparation and planning. Meetings are already starting to re-do our cooler, re-write job descriptions and hire new staff. I will make a point of some fireside time because winter still needs some bliss

Contact us: boxcoordinator@saanichorganics.com or 250-818-5807

Website and webstore: www.saanichorganics.com

Mailing Address: 1438 Mt Newton Cross Road, Saanichton V8M 1S1