



For the week of Nov 2, 2015

Apples	Fennel
Carrots	Peppers
Chard	Purple Top Turnips
Cilantro	Winter Squash

We're feeling the seasonal shift this week and we're heading into winter in great form. The long autumn helped size up our root crops and gave the greens a boost. We've decided to offer the Winter Abundance box again this year! It's a \$50 or \$100 box of seasonal storage roots that is great for a gift or for stocking up during our January break. Winter abundance boxes will be delivered on the last regular delivery days of the year: Dec 15th and Dec 18th. To order, send an email to Anya at the email address below.

### Lentils with Sausage and Swiss Chard

8 ounces turkey sausage (about 2 links), casings removed, sausage finely crumbled  
1/2 cup chopped peeled carrot  
1/2 cup chopped onion  
2 garlic cloves, minced  
1 1/3 cups dried lentils  
1 teaspoon fennel seeds  
1 teaspoon chopped fresh rosemary  
2 1/2 cups (or more) water  
1 bunch chard, leaves and stems coarsely chopped

Sauté sausage in large deep nonstick skillet over medium-high heat until cooked through, about 6 minutes. Drain any excess fat from skillet. Add carrot, onion and garlic to skillet; sauté until vegetables begin to soften, about 5 minutes. Stir in lentils, fennel seeds and rosemary. Add 2 1/2 cups water and bring to boil. Reduce heat to medium-low, cover and simmer until lentils are almost tender, about 20 minutes.

Place Swiss chard atop lentils; cover and cook until lentils are tender and chard is wilted and tender, adding more water if mixture is dry, about 7 minutes. Stir to blend. Season with salt and pepper.

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### Miso Glazed Turnips

1 pound turnips, scrubbed and cut into 1" wedges  
2 tablespoons miso  
2 tablespoons unsalted butter  
1 teaspoon sugar  
Kosher salt, freshly ground pepper  
2 tablespoons fresh lemon juice

Combine turnips, miso, butter, and sugar in a medium skillet, then add water just to cover vegetables. Season with salt and pepper.

Bring to a boil over medium-high heat and cook turnips, turning occasionally, until they are tender and liquid is evaporated, 15–20 minutes.

Once all the liquid has cooked off, keep cooking turnips, tossing occasionally, until they are golden brown and caramelized and the sauce thickens and glazes the vegetables, about 5 minutes longer.

Add lemon juice and a splash of water to pan and swirl to coat turnips. Season with salt and pepper.

*Both recipes from Epicurious.com*

### News From the Farm

We're gearing up for the Moss Street Winter Market. We'll be at the market every 2nd weekend all winter starting Nov 14. The winter market is held every Saturday from 10-12 inside the Garry Oak Room at Sir James Douglas School (the regular location of the Moss Street Market). See you there!