



For the week of November 25, 2014

Apples  
Cabbage  
Carrots  
Collards

Japanese Green Onions  
Delicata Squash

We had a fun day on Saturday doing a “Greens Tasting” event at Ottavio’s. It’s really rewarding to give people their first experience with collards, kohlrabi and even kale, and blow their minds with how good it is. At times like this, we feel that selling folks on a sustainable future here in Victoria isn’t such a hard thing.

Tips from chef Janelle at Ottavio’s:

Kohlrabi was served raw, in half moon slices, tossed in a light olive oil flavoured with lime.

Collards was sliced into fine ribbons and sautéed in olive oil for a scant 30 seconds. It was then lightly seasoned with sea salt.

Kale was blanched for 30 seconds and then served with their house basil balsamic vinaigrette. Woah!

Celtuce (our new and amazing experimental crop this year which will be on sale at Moss street this weekend) was lightly fried in olive oil and then tossed in truffle oil.

In the box this week from Umi Nami farm we have "Naga Negi" (長ネギ). It is a type of green onion traditional to eastern Japan. Grown for its long stem, this is the leek of Japanese cuisine. Slice it diagonally and stir-fry, or straight across and add to soups. You can also try it raw! While the stem is the part that is traditionally prized, the leaves are also excellent.

We have been enjoying the cabbage in a beef broth this week on the farm. It is equally good in veggie stock. The sausage is an added treat.

### Comforting Cabbage Soup

6 cups cabbage (chopped, 1 pound)  
1 onion (chopped small)  
1 cup celery (diced small)  
14 oz can tomatoes (small dice)  
6 cups beef stock or veggie stock  
2 tsps dried thyme  
1 tsp fennel (ground)  
salt and ground black pepper (fresh, to taste)  
2 Tbsp parmesan  
Optional: sausages sliced into ½” rounds and fried

Finely chop all vegetables. Put the cabbage, onion, celery, 2 cans petite diced tomatoes, beef stock, and spices in the slow cooker and cook all day on low or 3-4 hours on high. If you are using sausages, add them to the soup up to 30 minutes before serving. Top with parmesan cheese after serving.

### News from the Farm

On Sunday I was truly reminded about why I farm in the winter. It was a warm and sunny day so I was out getting a head start on roots because I knew the rain was coming. The field was glorious in the low winter light. I was amazed at how the produce has not only rebounded from the hard frosts but is actually growing quite fast. We were late getting the Brussels sprouts planted in July but yesterday I could see that the buds have grown to the size of nickels, up from little pin heads in the middle of October. The soil was full of earthworms (and some cabbage worms, but that’s another story) that came up as I pulled the rutabaga. Everything was alive and thriving and doing its beautiful work to feed us.

You can order our Winter Abundance Boxes until Dec 14<sup>th</sup>! \$50 or \$100 gifts for friends or yourself!

818-5807

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