



November 26, 2013

Chard	Potatoes
Cilantro or Parsley	Sunchokes
Collards	Sweet Dumpling Squash
Kohlrabi	Turnips
Leeks	

Sauteed Sunchokes with Sunflower Seeds

1/2 pound sunchokes, sliced into 1/4 inch rounds
2 tablespoons sunflower oil
S & P to taste
3 Tablespoons sunflower seeds, toasted
2 Tablespoons parsley, chopped
1 teaspoon chopped thyme

Saute the sunchokes in the oil in a large skillet over high heat until lightly browned and tender but still a bit crisp. Taste them as they cook; they can be done in 5 minutes or as many as 10 minutes. Season to taste with S & P, add the sunflower seeds, parsley, and thyme, and toss well. Serves 4-6.

We think kohlrabi is best eaten raw, especially this time of year after a good frost. Cut off the leaves and peel off the outer husk. The inner flesh is crisp and sweet, and is lovely cut into sticks for snacks, or grated onto salads.

News From the Farm

We were up island on the weekend for the meeting of the Young Agrarians, an organization devoted to helping the next generation of farmers access land and succeed in agriculture. It was pretty fun to see our apprentices and farmhands, past and present, figuring out how they can make their dreams work. The session was attended by 60 people, young and old, which is an exciting indicator for the future of farming in the region. If you know any potential young agrarians, get them to check out www.youngagrarians.org to get involved in the movement.

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.

From the archives:

Collard Rolls (Like Cabbage Rolls, but better!)

1 bunch collards
3 c. cooked brown rice
1 c. chopped leeks
Raisins and chopped almonds to taste
1 tbsp olive oil
1 tsp each of salt, pepper and chili powder
2 tsp each of dillweed, basil and oregano
5 c pureed tomatoes (1 large can)

Trim the stems off the collards. Steam the collard leaves until just tender; chop the stems finely. Combine all other ingredients in a large bowl with the collard stems. Place about 2-3 tbsp of the mixture on each collard leaf and roll up. Tuck the ends in to make cute little parcels. Place folded side down in oiled baking dish. *If your collard leaves are too small, or if you're not into the rolling, make a layered casserole with the leaves and the filling. Cover with the sauce. This filling is also good for stuffing squash.

Sauce:

1 c tomato paste (2 small cans)
1 c water
2 tbsp lemon juice
3 tbsp honey

Combine the sauce ingredients and pour over the rolls. Bake at 375 for about 45 min.

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