



For the week of November 4, 2013

Apples	Potatoes
Baby Beets	Purple Winter Radish
Cabbage	Acorn Squash
Leeks	
Pac Choi	

Starting off with some administrative details: 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.

Also, please leave your boxes out in a dry place. The rainy season is upon us, and the wet is really hard on our boxes. We're pretty proud of the new boxes and we'd like your help to keep them in good shape.

Winter radishes can be eaten raw, grated or cut into batons in a salad or on an entrée. They can also be amazing cooked.

Sweet Sour Winter Radish Salad

2 T olive oil or butter, divided use
2 small/medium winter radishes, cut into 1/4 inch dice
2 leeks, trimmed and thinly sliced
1/4 cup rice wine or white wine vinegar
1/4 cup water
about 2 teaspoons honey

Cook in 1 T of oil or butter over medium heat the leeks and radishes for about 3 minutes, until softened and beginning to brown. Add vinegar and water and cook, stirring often, until radishes are soft but still a little firm, about 5 more minutes. Add honey to taste. Season with salt and pepper.

Pac Choi with Walnuts

1 head pac choi
1 tbsp black bean sauce
1 tbsp hoisin sauce
1 tbsp toasted sesame oil
1/4 cup roasted and chopped walnuts

Roughly chop pac choi leaves and steam until tender. Meanwhile mix up sauce and prepare walnuts. Lightly dress and serve.

Simple Roasted Baby Beets with Greens

1 lb baby beets, washed well with tops.
Olive oil
Rosemary sprigs

Cut off the tops, and place the beets in a roasting pan, toss with olive oil and add rosemary sprigs. Roast at 375 for about 30 minutes. Remove skin while warm, and cut in half. Meanwhile saute the beet greens in olive oil and add a splash of balsamic vinegar. Season with salt and pepper and place on plate, top with baby beets.

From the foodnetwork.com

News From the Farm

Robin was just given a few seeds from the offspring of an 850 year old squash from Dr. Kenton Lobe at Winnipeg's Mennonite University. A few years, the squash seeds were discovered in a archeological dig in the prairies. They were preserved in a clay baby rattle. The simple toy was a clay ball with a hollow centre containing the seeds which a baby could shake. The rattle was carbon dated at 850 years old. Amazingly, one of the seeds germinated, and it grew into a monster squash, somewhat like Chrystal and Ilya's jumbo pink banana. Kenton said it was absolutely delicious! Look for them in your boxes in the next few years, it will take a while to bulk up the seed.

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