



For the week of Nov 8, 2016

Apples • Beets • Carrots • Leeks
Mini Lettuce • Rutabaga
Delicata Squash

We're in the last stages of interviews to replace our amazing administrators for the new year. Its humbling (and flattering) that such good folks from different walks of life would take a pay cut to help with a grassroots social venture like ours. The world is full of wonderful people!

Rutabaga Fries

1 lb rutabaga (recipe also works with parsnips!)
2 tbsp. olive oil
salt and pepper to taste
Preheat oven to 400 F. Wash and peel rutabaga. Slice in to preferred french fry shape. Toss french fries with olive oil and spices Bake for around 20-25 minutes until the fries get crispy. Serve with miso gravy.

Miso Gravy

2 cups water
1/2 cup nutritional yeast
1/4 cup coconut oil
2 Tbsp toasted sesame oil
2 Tbsp apple cider vinegar
2 Tbsp honey
2 large cloves garlic pressed
1 Tbsp shredded ginger
1/2 cup spelt flour
4 Tbsp barley miso paste (add at the end to preserve the beneficial bacteria)

Bring all ingredient except for the miso to a boil. Allow to cool. Add miso and process in a food processor or blender. Serve over roasted veggies, grains or fries.

Carrot and Beet Salad with Ginger

1/4 cup minced shallot
2 tablespoons minced peeled fresh ginger
1 garlic clove, minced
1/4 cup rice vinegar
1 tablespoon soy sauce
1/2 teaspoon toasted sesame oil
Tabasco to taste
1/2 cup olive oil
4 cups finely shredded carrots
4 cups finely shredded peeled beets
In a blender purée shallot, ginger and garlic with rice vinegar, soy sauce, sesame oil, and Tabasco.
With motor running add olive oil in a stream and blend until smooth. In separate bowls toss carrots with half of the dressing and beets with remaining half.

News From the Farm

Slow Food Vancouver Island is organizing two evenings of farmy theatre on Nov 12 in Victoria, and Nov 13 in Metchosin. Trauma Farm was a critically acclaimed book by a Saltspring farmer. It has been converted into a play and has had rave reviews. More details at slowisland.ca

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