



For the week of Oct 11, 2016

Beets	Garlic
Carrots	Pac Choi
Cilantro	Peppers
Escarole	Acorn Squash

We're feeling happy about the forecast this week. The warm dry weather will get our winter cover crops off to a great start. We've seeded rye grass in all the pathways between our winter crops. This holds the soil so we have something to walk on in the heavy muddy times!

Escarole can be eaten raw with a sweet and tangy dressing, or it can be added to soups to add a smoky depth to them. Open your mind to the bitter, and you'll realize the Italians aren't wrong: bitter greens make everything else taste more. All the flavours jump out.

Escarole Salad with Apples and Pecan

- 1 tablespoon olive oil
- 1 tablespoon white-wine vinegar
- 2 teaspoons Dijon mustard
- Coarse salt and ground pepper
- 1 head escarole cored, trimmed, & torn in bite-size pieces
- 1 apple, halved, cored, and thinly sliced
- 1/2 cup pecans, toasted

In a large bowl, whisk together oil, vinegar, Dijon, and 1 tablespoon water; season with salt and pepper. Add escarole, apple, and pecans. Toss, and serve immediately.

Sesame Pac Choi

- 1 head pac choi
- 2 tbsp sunflower oil
- 2 tbsp toasted sesame oil
- 1 large garlic clove, crushed and finely chopped
- 1 mild green chilli seeded and finely chopped
- 1 tbsp Thai fish sauce (optional)

Cut a thick slice from the pak choi root to separate the leaves. Rinse and drain. Heat the sunflower oil in a large wok over a medium heat and add 1 tbsp sesame oil, the garlic, chilli, fish sauce (if using) and pak choi. Toss until coated and clamp a pan lid over them. Reduce the heat and cook for 3-6 minutes, tossing occasionally, just until the leaves have wilted (the stalks should be tender-crisp). Add the rest of the sesame oil and salt. Toss the leaves and serve immediately.

News From the Farm

We're planning to be at the Moss Street winter markets every second Saturday from Nov. 5 for as long as the produce holds out. Don't worry, we're always careful to hoard the best produce for our box customers! The bounty in the fields right now promises winter abundance!

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