



For the week of October 14, 2013

Apples	Kale
Beets	Lettuce
Cilantro	Pac Choi
Delicata Squash	Purple Top Turnips
Fennel	

We hope that you enjoyed Thanksgiving wherever you were. Lisa, Sasha and Robin worked up a hearty appetite burning a strip through the 8k race at the Victoria Marathon on Sunday. Team Run for Biodiversity raised just under \$6,000 for farmers in Nepal. USC Canada will use the money to buy landrace seeds from farmers in Nepal to redistribute in the region, to hire local experts and to bring farmers all together to problem solve. Very inspiring work and we're thrilled to be a part of it. Thanks to all of you who ran with us and gave to the cause!

Delicata Squash

This squash has a delicate moist flesh that is light in colour and texture. Cut in half and roast at 400° F for 30 minutes or until tender. You can eat the skin and all! It is so sweet and moist that it needs very little accompaniment. A favourite fast and low fat food!

Kale and Fennel Slaw

1 bunch kale, very finely sliced
1 large fennel bulb, trimmed, halved, and sliced very thin
2 large carrots, shredded
1/4 cup thinly sliced scallion greens (from 2 scallions)
1 teaspoon minced peeled fresh ginger
1/4 cup fresh orange juice
2 tablespoons extra-virgin olive oil
2 tablespoons cider vinegar
Coarse salt and ground pepper

In a large bowl, toss together kale, fennel, carrots, and scallion greens. In a small bowl, whisk together ginger, orange juice, oil, and vinegar; season with salt and pepper. Pour dressing over vegetables and toss to coat completely. Refrigerate at least 30 minutes (or up to 2 hours). Toss slaw before serving.

Sesame Pac Choi

1 head pac choi, roughly chopped
1 Tbsp oil
1 tbsp toasted sesame oil
1 garlic clove, crushed and finely chopped
1 tsp green chilli, seeded and finely chopped
1 tbsp Thai fish sauce (optional)

Heat the oil in a large wok over a medium heat and add sesame oil, the garlic, chili, fish sauce (if using) and pac choi. Toss until coated and cover with lid of pan. Reduce the heat and cook for 3-6 minutes, tossing occasionally, just until the leaves have wilted (the stalks should be tender-crisp). Toss the leaves and serve immediately.

Both recipes this week from Riverford Organics CSA

News from the Farm

Sea Bluff Farm is having a garlic planting party this Saturday from 10-3pm. Everyone is welcomed to come out and learn hands-on how to plant garlic. You'll be an expert by the end of the day. RSVP to Robin at 250 479 8273, the farm is at 565 Wootton Rd in Metchosin.

We are hatching a plan to provide Winter Abundance Boxes to provide some comfort foods for you and your loved ones through the dark days of late December and January. Our last official delivery of the season will be Dec 16th. We will give you the option to purchase a winter box of storage crops like squashes, potatoes and carrots that will tide you through. Think about giving this as a gift to folks who are into good food. More details to come.

818-5807

info@saanichorganics.com

1438 Mt Newton Cross Road, Saanichton V8M 1S1



For the week of October 14, 2013

Apples	Kale
Beets	Lettuce
Cilantro	Pac Choi
Delicata Squash	Purple Top Turnips
Fennel	

818-5807

info@saanichorganics.com

1438 Mt Newton Cross Road, Saanichton V8M 1S1