



For the week of October 21, 2014

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| Apples | Japanese Turnips |
| Broccoli | Lettuce |
| Chard | Potatoes |
| Dill | Acorn Squash |

We've got broccoli in the box this week from our friends at Umi Nami Farm in Metchosin. They specialize in Japanese vegetables. We had a consultation with Heather from Umi Nami this summer when our daikon radish harvest was dismal. Her verdict was that we were growing a pickling variety of daikon rather than an eating variety. Apparently there are about a hundred varieties of daikon. Someone at our seed company couldn't read Japanese!

The Japanese turnips in your box this week are from us, and they are large but sweet and buttery just the same. It's been a bumper fall with the warm weather so many of our crops have been growing out of control!

Simple Salad with Apple and Japanese Turnips

Salad greens dressed with your favourite vinaigrette
Japanese turnips, peeled and cut into batons
Apple, peeled and cut into batons
Toasted almonds or pecans

Toss and serve.

Potato Salad with Dill

2 pounds halved small waxy potatoes
1/4 cup olive oil
1/2 chopped onion
1/4 cup apple cider vinegar
4 sliced scallions
2 tablespoons chopped fresh dill
1 teaspoon toasted caraway seeds and toss
Salt
Pepper

Cover potatoes with cold salted water, bring to a boil, and cook until tender; drain and transfer to a

large bowl. Meanwhile, heat 1/4 cup olive oil in a medium skillet over medium-high heat. Add 1/2 chopped onion; season with salt and pepper. Cook, stirring often, until soft, about 5 minutes. Remove from heat and mix in 1/4 cup apple cider vinegar. Add to potatoes along with 4 sliced scallions, 2 tablespoons chopped fresh dill, and 1 teaspoon toasted caraway seeds and toss, crushing potatoes slightly; season with salt and pepper.

Simple Baked Acorn Squash

Acorn squash won our squash taste test for sweetness last year when we roasted up all our 15 or so varieties side by side. Many recipes call for maple syrup and brown sugar but those recipes are anticipating that you'll get an ancient nasty one from the grocery store. These ones are in their prime, so we think you should savour them as is. Cut them in half, take out the seeds and strings, smear them with a bit of butter or oil and roast them for 45 minutes or until browning and soft.

News from the Farm

We had our year-end party on Sunday night to give a nice send off to our seasonal staff and to celebrate a great year. The farm teams went head to head at the farmer Olympics, Northbrook had the edge with the seedling tray balance, the exactly 2oz bunch weighing station, followed by a potato toss and wheel barrow obstacle course. Three Oaks definitely took the prize for the weed i.d. and Sea Bluff rallied with sheer enthusiasm.

Special thanks go out to Atley our delivery driver who gets our produce where it needs to go, to Chantal who keeps our books in order, to Niki who takes care of our customers and organizes our sales, and to Lisa who grows our seed and manages our greenhouse! Looking forward to many more great years! Thanks so much for your support!

818-5807

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