



For the week of October 28, 2014

Parsley	Pac Choi
Carrots	Kabocha Squash
Collards	Apples
Leeks	
Broccoli or Cauliflower	

Wok-Seared Pac Choi with Chili oil and Garlic

- 1 Tbs. sesame seeds
- 1 large head pac choi, chopped
- 1 1/2 Tbs. vegetable oil
- 3 garlic cloves, thinly sliced
- 1/2 tsp. red pepper flakes
- Sea salt, to taste
- 1/4 cup low-sodium chicken broth
- 2 tsp. Asian chili oil

In a dry small fry pan over medium heat, toast the sesame seeds until golden brown and fragrant, 4 to 5 minutes. Transfer to a plate and let cool.

Slice the pac choi into 2" wide strips on the diagonal. In a wok or a large fry pan over medium-high heat, warm the vegetable oil. When it is hot, add the garlic and red pepper flakes and cook, tossing and stirring constantly, until fragrant but not browned, 20 to 30 seconds. Add the pac choi and a pinch of salt and cook, tossing and stirring, until the pac choi just begins to wilt, 1 to 2 minutes. Add the broth and cook, stirring occasionally, until the pac choi is just tender and the broth evaporates, 1 to 2 minutes. Add the chili oil, stir well to coat, and remove from the heat.

Stir in the sesame seeds, transfer the pac choi to a warmed serving bowl and serve immediately.

Serves 4.

Adapted from Williams-Sonoma *New Flavors for Vegetables*, by Jodi Liano (Oxmoor House, 2008).

Spiced Sweet Kabocha Squash

- 1 T coconut oil
- 1 T coconut sugar
- 1/2 tsp. ground cinnamon
- 1/4 tsp. ground nutmeg
- 1/4 tsp. ground ginger
- 1 medium kabocha squash, halved and seeded

Preheat the oven to 425. Halve and seed the squash and slice it into pieces about an inch thick. Place the squash in one layer in an oiled pan. Next, in a small bowl, mix all your ingredients together except the kabocha. Spread the mixture with a pastry brush all over the squash, or just drizzle it over the squash. Bake for 30 minutes until the squash is tender.

News from the Farm

The last outdoor Moss St market was this past Saturday but expect to see us in the Garry Oak Room for the Moss Street Winter Markets which will be held weekly from 10-12 noon through the winter. We will be attending every second Saturday.

Stay tuned for our Winter Abundance Boxes which we will be offering 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, turnips 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.

250-818-5807 info@saanichorganics.com
1438 Mt Newton Cross Road, Saanichton V8M 1S1