



For the week of October 1, 2013

Carrots	Parsley
Celeriac	Peppers
Chard	Watermelon Radish
Elephant Garlic	Acorn Squash
Leeks	

We've got some new and interesting veggies for you this week to try. Nothing like a rainy week for trying out new recipes! We hope you enjoy.

### Smashed Celeriac

1 celeriac, peeled  
olive oil  
1 handful fresh thyme, or 1 tsp dried  
2 cloves garlic, finely chopped  
sea salt  
freshly ground black pepper  
3-4 tablespoons water or organic stock

Slice about 1cm/½ inch off the bottom of your celeriac and roll it on to that flat edge, so it's nice and safe to slice. Slice and dice it all up into 1cm/½ inch-ish cubes. . Put a casserole-type pot on a high heat, add 3 good lugs of olive oil, then add the celeriac, thyme and garlic, with a little seasoning. Stir around to coat and fry quite fast, giving a little colour, for 5 minutes.

Turn the heat down to a simmer, add the water or stock, place a lid on top and cook for around 25 minutes, until tender. Season carefully to taste and stir around with a spoon to smash up the celeriac. Some people like to keep it in cubes, some like to mash it, but I think it looks and tastes much better if you smash it, which is somewhere in the middle. You can serve this with just about any meat you can think of.  
*from jaimeoliver.com*

### Sweet Pickled Onion Watermelon Radish Salad

1 large watermelon radish, sliced into thin rounds  
1 small white onion, sliced into thin rounds  
1/3 cup orange juice  
2 Tbsp extra virgin olive oil

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1/2 tsp sea salt  
1/2 tsp pepper (fresh ground)  
2 Tbsp apple cider vinegar  
splash of rice wine vinegar (optional - adds an extra layer of tart-sweetness)

Slice your onion and radish. Place in a large mixing bowl. Add the remaining ingredients to the mixing bowl - toss well. Place in fridge to chill overnight.  
*from lunchboxbunch.com*

### Elephant Garlic Spread

Elephant garlic is more closely related to leek than regular garlic. This recipe highlights the different flavour.

2 heads elephant garlic  
2 tablespoons olive oil  
1/4 teaspoon salt  
1/4 teaspoon ground black pepper

Preheat oven to 350. Separate garlic into cloves. Remove papery outer coating from the garlic and cut 1 inch from top of each clove. Place in a small casserole dish, drizzle with oil and sprinkle with salt and pepper. Cover and bake 1 hour 30 minutes. Squeeze warm cloves out of skin and mash with a fork

### News From the Farm

Sea Bluff Farm is having a hayride and pumpkin picking event for the kids of Saanich Organics on October 12 at 10 am. 565 Wootton Rd. Please get in touch with Robin for more info:  
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