



For the week of October 13, 2015

Apples
Cabbage
Carrots
Fennel

Peppers
Hot Peppers
Sugar Loaf Chicory
Winter Squash

Its garlic planting time! Its always the last big job of the season. Luckily, breaking up the cloves can be done inside where its warm and dry because this time of year is often rainy and muddy. We try and take our cue from the weather for our tasks, and we're always grateful for some 'inside' jobs.

We have sugar loaf chicory from Chrystal and Ilya at Square Root, our Italian green specialists. The internet is full of cool recipes and lore about this vegetable. The tightly wrapped head keeps the middle blanched and buttery. Menu suggestions included tearing it into a salad with pears and gorgonzola, sautéing it with olive oil as a side, and grilling it. It is a milder version of chicory but it has the signature bitter tang.

You also have Taiwan Cabbage in your box. These oblate cabbage have won us over for their sweet, light leaves. Divine! They make a lovely slaw when coarsely chopped and mixed with either grated carrot or apple. A few slivered almonds and dried cranberries can bring it to the next level!

Fennel, Beet and Barley Salad

2 cups cooked barley (from about 2/3 cup dried)
1 thinly sliced fennel bulb
2 thinly sliced small golden beets
1/2 thinly sliced small red onion
1/4 cup chopped toasted almonds
1/4 cup torn fresh mint in a large bowl
1/4 cup olive oil
3 tablespoons Sherry vinegar or red wine vinegar
Salt
Pepper

Toss 2 cups cooked barley (from about 2/3 cup dried), 1 thinly sliced fennel bulb, 2 thinly sliced small golden beets, 1/2 thinly sliced small red onion, 1/4 cup chopped toasted almonds, and 1/4 cup torn fresh mint in a large bowl with 1/4 cup olive oil and 3 tablespoons Sherry vinegar or red wine vinegar; season with salt and pepper.

from Epicurious.com

News From the Farm

We're nursing some sore muscles after the Run for Biodiversity on the weekend. We had four representatives from Saanich Organics, running and raising funds for farmers in Nepal through USC Canada. The earthquakes from earlier this year hit the farmers of Rasuwa district really hard. Robin visited the area in 2003 when it was thriving. The final fundraising numbers haven't been tallied but we're almost at \$1000 which will go a long way for these farmers. If you want to help bump up our fund, send an email to Holly: r4b@usc-canada.org and she'll give you a link for the cause.

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