



For the week of October 15, 2013

Beets	Leeks
Braising Greens	Lettuce
Cabbage	Little hard pears
Delicata Squash	Radishes

We've got little lettuce in the boxes for you again, thanks to the frost holding off for another week. Its always a gamble to plant late lettuce but its very rewarding when it comes through. And! back by popular demand, the little hard pears! These heirloom pears never soften but are delicious as is. Folks were asking about them at the market this weekend, but this is their debut. Enjoy!!

### **Delicata Squash**

This squash, has a delicate moist flesh that is light in colour and texture. Cut in half, remove the seeds and loose threads, and roast at 400° F for 30 minutes or until tender. It is so sweet and moist that it needs very little else. You can eat the skin and all!

A trick that we use with squash is to put garlic cloves and/or herbs in the centre along with a dot of butter. They roast along with the squash and infuse it with flavour.

### **Beet and Cabbage Soup**

1/4 cup unsalted butter  
3 cups coarsely chopped peeled raw beets  
2 cups chopped red onions  
3 celery stalks, coarsely chopped  
1 cup chopped cabbage  
3 tbsp finely chopped seeded jalapeño chiles  
5 cups (or more) low-salt chicken broth  
2 tbsp fresh lime juice

Tortilla chips  
Sour cream

Melt butter in heavy large saucepan over medium-high heat. Add beets, onions, celery, cabbage, and chiles; sauté until celery is soft, about 10 minutes. Add 5 cups broth and lime juice; bring to boil. Reduce

heat to medium-low. Cover and simmer until vegetables are very tender, about 1 hour 15 minutes. Working in small batches, puree soup in blender until smooth. Return soup to pot; season to taste with salt and pepper. Thin with more broth by 1/4 cup fuls, if desired. Ladle soup into bowls and top with tortilla chips and sour cream.

Makes 6 servings.

### **Roasted Radishes**

Cut the radishes in half and rub them with a mixture of olive oil and balsamic vinegar. Sprinkle with salt and pepper. Roast at 400 for 25 minutes or until soft. Roast with potatoes, peppers, yams, etc. for a full meal, or alone for a side dish.

### **News From the Farm**

We had a really fun hayride on Saturday. Four box customers and family came out and enjoyed a beautiful sunny day at the farm. We walked through the veggie fields and found our pumpkins. Then we had a ride through the forest and along the bluff overlooking the ocean. We then stopped at the neighbours to say hi to the goats, pigs, ducks, chickens and cows. I'll post some pics on the website. Our aim is to make this an annual event so keep it in mind for next year.

A heads up that our last delivery of the season will be December 17 and then deliveries will start up again February 4, 2014. During the down time, you can come get our veggies on Saturdays at the Victoria Downtown Market at the Husdon.

Another reminder to keep your boxes dry! Store them in a place that doesn't get rained on please. Wet boxes = mould which makes extra work for us.

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