



For the week of Oct 17, 2016

Beets	Garlic
Carrots	Pac Choi
Cilantro	Peppers
Escarole	Acorn Squash

We're feeling relieved that the big storm passed us over with no damage. We felt a little guilty on Saturday morning for having called off the harvest the day before, because we most likely would have been fine if we'd attended the market. But the morning off was blissful and twice as sweet for being warm and dry when we could have been wet and wind blown.

We've got Napa Cabbage for you this week. Napa is a Japanese vegetable whose name translates to 'white vegetable'. Napa is a very versatile ingredient. Use it for crunch in noodle bowls, ferment it in kimchi, savour it in fish tacos and wraps.

Roasted Fennel

1 medium fennel bulb
1 tablespoon olive oil
Coarse salt and ground pepper

Preheat oven to 425 degrees. Trim fennel bulb and reserve fronds.. Halve bulb lengthwise; slice lengthwise into 1/2 inch-thick pieces. On a rimmed baking sheet, toss fennel with oil; season with salt and pepper. Roast, turning once, until browned, 25 to 30 minutes.

Recipes from Martha Stewart and The New York Times

Fennel Frond Pesto

1 cup roughly chopped fennel fronds
2 cloves garlic, roughly chopped
2 tablespoon pine nuts or slivered almonds
1/2 teaspoon coarse kosher salt
1/4 cup extra-virgin olive oil

Combine the fennel fronds, garlic, nuts and salt in a food processor or blender and pulse until the mixture is chopped up. Add oil and process/blend until the mixture becomes paste-like. (You may have to scrape down the sides of the bowl.) Serve pesto at once, refrigerate for up to a week, or freeze for up to a month.

News From the Farm

Linking Land and Farmers is an organization that has been linking up people who have more land than they can use with farmers who need space to grow. There is a great website www.llaf.ca that is full of resources like sample lease agreements, a guide to thinking through the logistics of sharing land, an explanation of the different models of landsharing that exist and succession planning documents for farm land owners. Now is a great time to think about sharing or accessing land for the coming growing season!

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