



For the week of October 20, 2015

Apples
Beets
Cilantro
Leeks

Peppers
Sui Choi
Watermelon Radish
Delicata Squash

We're having quite the haul of seed this year. It's been a great long, dry and warm fall so we've been able to let our selected few veggie varieties complete their whole cycle from seed to seed. This year in addition to selling the seeds in packages at the markets and some nurseries, we're selling to the newly formed BC Eco Seed Co-op. Learn more at bcseeds.org.

Ginger Sesame Sui Choi (Napa Cabbage)

1 tablespoon rice vinegar
1 tablespoon soy sauce
1/4 teaspoon toasted sesame oil
5 thin slices peeled fresh ginger
1/2 hd of sui choy, roughly chopped

In a small bowl, whisk together vinegar, soy sauce, and sesame oil. Set aside.

In a large skillet with a tight-fitting lid, bring 1 cup water and ginger to a boil. Add the sui choy; reduce to a simmer. Cover and cook until leaves are vibrant green and fork-tender, 3 to 5 minutes. Drain well; discard ginger.

Transfer sui choy to a serving platter; drizzle with the vinegar-soy mixture, and serve immediately.

Pickled Watermelon Radish with Kale

1/2 cup white wine vinegar
1/4 cup sugar
Kosher salt
1 bunch watermelon radish
1 bunch kale
2 tablespoons extra virgin olive oil
1 teaspoon lemon juice

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1 teaspoon fresh thyme leaves
Freshly ground black pepper
1/4 cup pumpkin seeds, toasted

Do ahead: In a medium bowl, combine vinegar, sugar, and 1 teaspoon salt. Thinly slice the radish using a mandoline or chef's knife, add to the bowl, and stir to combine, making sure the slices are well coated. Let stand at least 30 minutes or refrigerate up to a day before serving.

Wash the kale and pat off excess water. Slice the leaves crosswise into 1/4-inch-wide ribbons. In a large bowl, combine olive oil, lemon juice, thyme, a generous grind of black pepper, and a little salt. Add the kale and use your hands to massage the dressing into the leaves until they soften and wilt. Drain the radishes. Toss with the kale - OR - arrange the slices on individual plates and place the kale on top. Garnish with pumpkin seeds and serve. *from thekitchn.com*

News From the Farm

We're starting to say goodbye to our farmhands for the season as the growth of the plants slows and the final fall clean up is done. We have a year-end party for our amazing staff where we have a local chef cook for us, using our food. It's always a fun event and it is an important celebration to recognize what we've accomplished. It's been an amazing, yet stressful year with the water shortage. The drought was a sobering reality check about how hard our job will become in the future. We have come out with an abundance of produce yet again for which we are grateful. Hoes down, y'all! It's time to party.