



For the week of Oct 25, 2016

Apples	Parsley
Carrots	Sweet Peppers + Jalapenos
Fennel	Turnips
Pac Choi	Butternut Squash

We hope you'll be able to embrace some of the ugly carrots in your box. We are including them because they are truly delicious, and we've added weight to account for their appearance. It seems that everyone loves these carrots, including our soil-borne friends. As the growth of the crops start to slow down, there's more opportunity for sub-soil munching!

You can enjoy fennel raw as a crunchy addition to salads when its minced, its also lovely roasted. It makes a very elegant side dish. The fronds can be minced and added to dressings or sauces.

Butternut Squash Soup

- 2 tablespoons butter
- 1 small onion, chopped
- 1 piece (2 inches) fresh ginger, peeled and chopped
- 2 garlic cloves, chopped
- 1 small butternut squash, prepared and cut into 3/4-inch cubes
- 1/4 cup fresh orange juice
- Coarse salt and ground pepper
- Sour cream, (optional)
- Roasted Pumpkin Seeds

Melt butter in a large saucepan over medium heat. Cook onion until fragrant, about 2 minutes. Add ginger, garlic, and squash; cook, stirring occasionally, until fragrant, 6

to 8 minutes. Stir in 4 cups water. Bring to a boil; reduce heat. Simmer until squash is tender, 20 minutes.

Puree soup in 2 batches. When blending hot foods, allow the heat to escape to prevent splattering. Remove the cap from the hole of the blender's lid, and cover with a dish towel. Stir in juice and 1 1/2 teaspoons salt. Serve hot, with sour cream, pepper, and pumpkin seeds, if desired.

both recipes from Martha Stewart

Simple Roasted Fennel

- 2 medium fennel bulbs
- 1 tablespoon olive oil
- Coarse salt and ground pepper

Preheat oven to 425 degrees. Trim the tops off the fennel and halve it 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.

News From the Farm

We're gearing up for the winter market. The farmers at Moss street move inside the Garry Oak Room on Nov 5- until the end of March. Don't be fooled by the early crowd. Our advice - come later, 10:30-12pm. Contrary to popular belief, we bring lots of produce and we don't run out until the end. Miss the crowds and get the goods!

Contact us: boxcoordinator@saanichorganics.com or 250-818-5807

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