



For the week of October 27, 2015

Apples	Collards
Beets	Garlic
Carrots	Lettuce
Cilantro	Spinach and Squash

The fields are looking very tidy these days as the rows of winter crops perk up from their struggles during the dry heat of late summer. The empty beds are seeded in a combo of wheat, pea, vetch and rye which is called a cover crop because it covers the soil and protects it from getting washed away. The greenhouses are freshly planted with bright salad greens, cilantro, claytonia and winter lettuces.

At the market, I often want to call collards “kale-lards” because the two greens are such close cousins. The kale flies off the stand while the collards get lost in the shadows. Really folks, they’re just as good!

Sautéed Collard Greens

1 bunch collard greens
1 garlic clove
1 tablespoon unsalted butter
1 tablespoon olive oil
1 teaspoon fresh lemon juice, or to taste

Remove and discard stems and center ribs of collard greens. Cut leaves into 1 inch pieces. In a pot of boiling water cook collards 15 minutes and drain in a colander, pressing out excess liquid with back of a wooden spoon.

Mince garlic. In a 12-inch heavy skillet heat butter and oil over moderately high heat until foam subsides and stir in garlic, collards, and salt and pepper to taste. Sauté collard mixture, stirring, until heated through, about 5 minutes. Drizzle collards with lemon juice and toss well.

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Carrots with Curry and Cilantro

3 tablespoons butter
1 teaspoon minced peeled fresh ginger
1 garlic clove, minced
3/4 teaspoon curry powder
1/4 cup canned low-salt chicken broth
2 tablespoons apricot preserves
1 pound medium carrots, peeled, cut diagonally into 1/4-inch-thick slices
3 tablespoons chopped fresh cilantro

Melt butter in heavy large skillet over medium heat. Add ginger, garlic and curry; sauté 30 seconds. Stir in broth and preserves. Add carrots; cover and simmer until carrots are crisp-tender and coated with sauce, about 6 minutes. Mix in cilantro.

News From the Farm

Get ready for e-transfers! Our new accountant Sasha is getting our books ship shape. One of the crushing realities of our business has been the fees that credit card companies charge us for on-line payments. We pay about \$5000 a year which is just too much. We need you to help us say “No More!”

We’re convinced that e-transfers are just as easy as on-line credit payments, and we’d love if you could get on board by Dec 1. Unfortunately, there is a bank fee of \$1.50 per transfer that you will have to pay, but we figure this is cheaper than having us raise our prices to pay Moneris. We will always accept cheques by mail, and cheques brought to us at the market! We’ll be emailing out step-by-step instructions this week. Thanks for your efforts with this change :)



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