



Big Taste from Small Farms

For the week of October 28, 2013

Apples	Shallots
Carrots	Tat Soi
Collards	Watermelon Radish
Lettuce	Winter Squash
Parsips	

This is the most fun we've ever had farming in the late fall! The beautiful weather has helped us make fast work of getting all the year end tasks done like pulling in the irrigation lines, tidying up the fields and repairing greenhouses. We're in good shape for winter.

Crispy Shallots

Shallots are a real treat, and although they can be substituted for onions its nice to use them where they can really shine.

3 small shallots, thinly sliced
1/4 cup of extra virgin olive oil
Pinch of sea salt

Heat a small pan with the olive oil over medium heat. When hot, add the shallots, mixing occasionally, about 3 to 5 minutes, until crispy and golden brown. With a slotted spoon, remove the shallots and drain on a paper towel.

<http://www.eatingclubvancouver.com>

Watermelon Radish Raita

2 cups plain yogurt
1 cup Watermelon Radish, grated
1/2 – 1 tsp roasted cumin powder
Few sprigs of cilantro
Salt to taste
Chilli powder/ground pepper for garnish (optional)
Mint leaves for garnish (optional)

Grate the watermelon radish. Set aside. Take the yogurt along with roasted cumin powder and salt and beat it until smooth. Add the watermelon radish (you can set aside a little for garnish if desired) along with mint leaves. Mix until combined. Cover and refrigerate for 1-2 hours. This step is optional but the sitting time helps to mingle the flavors very well.

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Tatsoi with Avocado and Egg

Asian greens! Try them for breakfast!

A large handful of tatsoi (or any green – spinach, kale, mustard green)

One fried egg

Bread (try a heavy rye bread for this combo)

Avocado

Salt and Pepper

Hot sauce (optional)

Lightly sautee the greens with olive oil, cook the egg, toast the bread. Assemble.

<http://www.thesweetbeet.com/>

Sauteed Collard Greens

Use them like kale but cook them a little longer.

1 bunch collard greens

2 garlic cloves

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 kettle 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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