



For the week of September 21, 2015

Apples	Leeks
Carrots	Potatoes
Celtuce	Peppers
Chard	
Fennel	

Classic Baked Apple

Preheat oven to 350°F.

Place an apple stem up in a baking dish. Core it with a knife $\frac{3}{4}$ of the way through leaving an intact base. Stuff cavity with a mixture of butter, brown sugar and cinnamon. Bake for 30 minutes, or until tender. Serve on its own or with ice cream.

BBQ Celtuce

1 celtuce stem
 $\frac{1}{4}$ cup of tamari
2 tbsp sesame oil

Cut the leaves from the stem of the celtuce and reserve. These can be eaten like Romaine lettuce. Peel the stem with a knife and cut off any tough or discoloured bits. Cut into $\frac{1}{2}$ " slices lengthwise and marinate in the tamari and sesame oil mixture for a few minutes.

Grill on the bbq for 5 minutes or so on each side. If you don't have a bbq, slice the stem into rounds and stirfry.

Classic Leek and Potato Soup

2 carrots
2 sticks celery
2 medium onions
1 bunch leeks
2 cloves garlic
1 lb potatoes
olive oil
2 organic chicken or vegetable stock cubes
sea salt and freshly ground black pepper

Peel and roughly slice the carrots. Slice the celery. Peel and roughly chop the onions. Cut the ends off the leeks, quarter them lengthways, wash them under running water and cut them into 1cm slices. Peel and slice the garlic.

Place a large pan on a high heat and add 2 tablespoons of olive oil. Add all your chopped and sliced ingredients and mix together with a wooden spoon. Cook for around 10 minutes with the lid askew, until the carrots have softened, but are still holding their shape, and the onion and leeks are lightly golden.

Peel the potatoes and cut them into 1cm dice. Put the stock cubes into a jug or pan and pour in 1.8 litres of boiling water from the kettle. Stir until the stock cubes are dissolved, then add to the vegetables. Add your potatoes. Give the soup a good stir and bring to the boil. Reduce the heat and simmer for 10 minutes with the lid on

Remove the pan from the heat. Season with salt and pepper. Serve like this or blend until smooth.

News From the Farm

We had a great day at Feast of Fields yesterday. More and more, it seems like folks are really appreciating veggies. When we first started serving our carrot sticks, and fall offerings, it seemed that people were hesitant to indulge, or that they took a bite because they felt they ought to. But yesterday folks were swooning over the veggies, writing down variety names and recognizing the unique flavours of our apples, ground cherries and grapes. We were feeling pretty proud of our display and enjoying the turning tide.

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