



For the week of September 23, 2014

Apples	Dandelion
Beets	Leeks
Celeriac	Potatoes
Collards	Radishes

It's Certified Organic week across Canada, September 20-28th! To celebrate, the BC Organic growers are doing a social media campaign where farmers are posting their reasons for choosing certification. Check out #icertify on Twitter and Instagram, or COABC on Facebook. We're warming up to make a post of our own!

While Chrystal and Ilya have been growing plants from the bitter Chicory family (Dandelion, Endive, etc) for many years, the Sea Bluff team has just embraced them after learning about their importance as a winter crop. We also had a tasting from some chefs that didn't hurt. Our tip to help you embrace the chicories: don't try and mask the bitter but rather pair it – rich dishes benefit from the palate cleansing side of sautéed endive. Build a range of flavours into your meals and then you are grateful for the bitter, really! Dandelion and garlic are amazing together, endive is great sautéed with sweet shallots. The winner from our evening of endive tasting was 2 roasted green beans, wrapped with a sautéed endive leaf and a little strip of bacon. Absolutely amazing! The Europeans aren't wrong: chicories are a culinary essential. Oh yes, and they are healthy.

Warm Dandelion Greens with White Beans

2 tablespoons extra-virgin olive oil
2 cloves garlic, thinly sliced
1/4 teaspoon crushed red pepper flakes (optional)
1/2 pound mixed greens, trimmed and roughly chopped, such as dandelion, kale, or spinach
1/2 cup low-sodium chicken or vegetable broth
1 (15-ounce) can cannellini or other white beans, rinsed and drained
1/4 teaspoon sea salt
1/4 teaspoon ground black pepper

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Heat oil in a large skillet over medium heat. Add garlic and pepper flakes and cook, stirring often, until golden brown, about 5 minutes. Add greens (in batches, if needed), and cook, tossing often to coat, for about 10 minutes. Transfer to a colander as done and drain well. Return skillet to heat.

Add broth to skillet and deglaze, scraping up any browned bits. Add beans and simmer until hot throughout, 2 to 3 minutes. Return greens to skillet, toss gently and season with salt and pepper.

Celeriac Slaw

The season for our favourite fast food salad is back!

2 cups grated celeriac
1 cup grated apple
4 tbsp minced parsley
A splash of lemon juice and olive oil

Peel and grate celeriac and apples and toss with lemon juice to prevent browning and olive oil. Top with parsley and serve.

News from the Farm

We're feeling pretty proud walking around our fields these days. You are all going to eat well this winter and spring! Sea Bluff is trying out lots of different purple sprouting broccolis and cabbages that we sampled at a Pacific Northwest gathering of seed savers, Heather's beautiful parsnips are a show-stopper as you drive up the hill at Northbrook, and Rachel's winter leeks promise bounty yet again. We're gearing up for the big winter squash harvest-hubbards, butternuts and pie pumpkins, among the many others get washed and stored in our cool room. It's a real sight for sore eyes. We've come a long way since our meager winter boxes way back when!

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