



For the week of September 29, 2014

Apples Leeks
Carrots Potatoes
Chard French Breakfast Radishes
Escarole, endive or chicory Acorn Squash

We're starting the search for available land for our apprentices to get started on for next year. Every year, we mentor aspiring farmers and allow them to job shadow us for the season. They get access to our books, our spreadsheets and of course get to do all the hands-on aspects of running a farm. Its often really refreshing and energizing to have keen helpers working beside us with dreams of one day running their own farms. With the season almost over, they are making plans for next year. Some of the organizations that can be very helpful for new growers are Linking Land and Farmers (www.llaf.ca) and the Young Agrarians.

Chicory Salad with Walnuts and Parmesan

1/2 cup coarsely chopped walnuts
1 tablespoon sherry vinegar
3 tablespoons walnut oil
1/2 teaspoon Dijon mustard
Salt and freshly ground black pepper
1/2 pound chicory, or other leafy green
1/4 cup shaved Parmesan

In a dry skillet, toast the nuts over medium-high heat until fragrant, about 2 minutes. Set aside to cool.

In a small bowl, whisk together the vinegar, oil, mustard, salt and pepper, to taste.

In a large bowl, toss the chicory with the dressing. Put onto serving plates and top with walnuts and shaved Parmesan.

Rosemary Wedges of Acorn Squash

We were all amazed when acorn squash came out the winner for sweetness at our winter squash taste test last year! This recipe calls for brown sugar but I

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omitted it because we didn't use it and the squash was plenty sweet and tasty!

1 acorn squash
Salt
4 tbsp butter
2 tablespoons minced fresh rosemary
1/4 teaspoon chili powder

Preheat the oven to 400 degrees F.

Cut the acorn squash in half from top to bottom using a sharp knife. Use a spoon to scrape out the stuff inside. Cut each half into 4 equal wedges, and then place the wedges, skin-side down, in a baking dish. Sprinkle lightly with salt.

Combine the butter, salt, rosemary and chili powder in a bowl and mix into a paste. Smear the paste all over the squash.

Roast in the oven for 20 minutes. Then baste with the butter mixture from the bottom of the pan and return to the oven for another 20 minutes.

News from the Farm

Lisa, Sasha and Robin are training for the "Run for Biodiversity" on October 12, as part of the Victoria Marathon. See our blog on our website for a link to support them! They are running to support the work of USC Canada with farmers in Nepal. USC is one of the oldest NGOs in Canada, and it has a agro-ecological approach to its aid work. It helps operate seed banks with traditional seed all over the world, they empower farmers to implement their traditional practices, and they help build resilient communities. If you would like to make a pledge for team Saanich Organics, we'd appreciate it. If you are looking for an international NGO to support, USC has our thumbs up as an effective organization that puts farmers at the forefront of social change. See www.usc-canada.org

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