



For the week of September 24, 2013

Beets	Garlic
Collards	Leeks
Dill	Potatoes
Eggplant	Peppers
	Radishes

Once again, Feast of Fields was a day to remember. The Feast is a lovely afternoon spent sipping on fine wines and beer, and nibbling on delectable offerings from the South Island's finest restaurants. What a treat! The best part was watching our apprentices soak it up and see what their hard work becomes with a chef's special touch. There were some groggy folks hitting the field on Monday morning after some over indulgence!

### **Warm Beet Salad with Dill**

4 medium beets with tops  
2 ½ tablespoons red wine vinegar  
2 tablespoons olive oil (preferably extra-virgin)  
1 tablespoon chopped fresh dill  
½ cup thinly sliced sweet onion

Preheat oven to 400°F. Cut off tops from beets and reserve. Wash beets, quarter and toss in olive oil. Cut off long stems from beet leaves and discard. Thinly slice beet leaves. Rinse leaves under cold water.

Place beets in a casserole dish and bake for an hour or until tender. Meanwhile steam greens for 10-15 minutes until tender. Remove beets from oven and let cool. Rub beets to remove skins and cut into ¼-inch-thick slices.

Whisk vinegar, oil and dill in large bowl until well blended. Add beets, beet leaves and onion and toss to coat. Serve warm or room temperature

### **Spiced Peppers and Eggplant**

¾ tsp. coriander seeds, crushed  
¾ tsp. cumin seeds, crushed  
Pinch of saffron threads (optional)  
4 sweet peppers cut into 2" strips  
2 eggplants quartered lengthwise

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Sea salt and freshly ground black pepper  
2 Tbsp. red wine vinegar  
1 cup torn fresh basil leaves  
¼ cup olive oil

Heat oil in a large skillet over medium-high heat. Add garlic, coriander, cumin, and saffron, if using; cook, stirring often, until garlic is softened, about 4 minutes. Add sweet peppers and eggplants; season with salt and pepper. Cook, tossing occasionally, until vegetables are tender, 15–20 minutes. Remove from heat and add vinegar. Just before serving, add basil and toss to combine.

### **Simple Braised Leeks in Stock**

1 lb leeks, cleaned and trimmed  
3 cups chicken or veggie stock  
2 tablespoons cold butter  
2 tablespoons chopped fresh parsley  
Coarse salt and ground pepper

Halve leeks lengthwise; rinse to remove grit. Bring broth to a boil in a large skillet. Add leeks; cover, and cook over medium-low heat, turning once, until easily pierced with the tip of a paring knife, 15 to 25 minutes. Using tongs, transfer leeks to a platter.

Boil broth until reduced to ½ cup, 10 minutes. Remove from heat. Add butter; swirl to melt. Add parsley; season with salt and pepper. Spoon over leeks.

### **News From the Farm**

Sea Bluff Farm is having a hayride and pumpkin picking event for the kids of Saanich Organics on October 12 at 10 am. 565 Wootton Rd. Please get in touch with Robin for more info:  
robintunncliffe@hotmail.com

[info@saanichorganics.com](mailto:info@saanichorganics.com)

**1438 Mt Newton Cross Road, Saanichton V8M 1S1**