



For the week of Sept 27, 2016

Carrots
Collards
Eggplant
Leeks

Peppers
Radicchio
Spinach
Delicata Squash

Some tips for cooking with your box this week: collards cook up just like kale, and they are so tender and juicy this time of year. Your delicata squash is fast food - just cut in half length-wise, scoop out the seeds, rub with some oil and bake in a dish at 350°F for 30 mins. Yum!

Pasta with Spicy Sausage and Radicchio

1 pound pasta, shells or other small size shapes
Kosher salt
1/4 cup olive oil
1 large onion, thinly sliced
1 pound spicy Italian sausage, casings removed
1 hd radicchio, coarsely chopped (about 7 cups)
1/2 cup sliced and drained oil-packed sun-dried tomatoes
Freshly ground black pepper

Cook pasta in a large pot of boiling salted water, stirring occasionally, until al dente. Drain pasta, reserving 3/4 cup pasta cooking liquid; return pasta to pot. Meanwhile, heat oil in a medium skillet over medium-high. Add onion and 1/4 tsp. salt and cook, stirring occasionally, until tender, about 5 minutes (do not brown). Add sausage and cook, stirring occasionally and breaking up sausage into small bits with a wooden spoon, until sausage is mostly cooked through, about 5 minutes. Add radicchio and 2 Tbsp. water. Cook, covered, until sausage is cooked through and radicchio is wilted, 3-5 minutes more.

Add tomatoes, sausage mixture, and 1/2 cup pasta cooking liquid to pot with pasta. Season with salt and pepper, toss to coat, and add remaining 1/4 cup pasta cooking liquid, if needed. Divide among serving plates and top with pepper.

Aubergine Dream Burgers

Balsamic vinaigrette for marinade
1 eggplant, cut into 1/2" rounds
Blue Cheese
Toasted buns and burger toppings

Slice the eggplant and place in a marinading dish. Toss in vinaigrette and allow to absorb, turning the slices at least once. Turn on the bbq and warm the grill. Place eggplant slices on the grill and cook until well done. Put a slice of blue cheese on top of the rounds when they are fresh off the grill. Serve in a bun with all the fixings.

News From the Farm

Its getting to be garlic planting time. If you've got a patch of sun in your yard, think about planting this easy care crop. Robin is teaching a course this Saturday at the Compost Ed Centre called 'Growing Great Garlic'. A garlic crop of your very own could be in your future!

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