



For the week of September 29, 2015

Apples
Carrots
Celery
Escarole

Kale
Peppers
Spinach
Acorn Squash

We got told off repeatedly this weekend at the market for cutting off the leaves of the celery plants. Heather had wanted to make them look more like grocery store celery because they weren't selling, and she thought that they would be more recognizable to customers if they were trimmed. Apparently, all the nutrition is in the leaves. Nutritionists can sure rant! And rant! However, the tidy trimmed celery sold out. We can't win! We didn't trim yours today. So eat the bloody leaves, or we'll tell those rabid rabbit types!

The rabbit types do approve of escarole, and interestingly enough, so do the foodies, on the other side of the spectrum. One likes the bitter for its jam-packed vitamins, the other likes it because it does circus tricks with your palate, and enhances all the flavours on your plate. Its a win-win!

Wilted Escarole Salad

1/2 loaf country-style bread (about 8 ounces), crust removed, torn into 1" pieces (about 5 cups)
7 tablespoons olive oil, divided
Kosher salt, freshly ground pepper
2 garlic cloves, coarsely chopped
1-2 anchovy fillets packed in oil
1/4 teaspoons crushed red pepper flakes
2 tablespoons (or more) white wine vinegar
1 large head escarole, outer leaves removed, inner leaves torn into large pieces

Preheat oven to 350°F. Toss bread and 3 tablespoons oil on a large rimmed baking sheet, squeezing bread so it absorbs oil evenly; season with salt and pepper. Spread out bread pieces in an even layer and bake, tossing occasionally, until crisp on the outside but still

chewy in the center, 10-15 minutes. Let croutons cool.

Meanwhile, heat remaining 4 tablespoons oil in a small skillet over medium heat. Add garlic and cook, stirring often, until golden, about 2 minutes. Add anchovies and, using a spoon, mash into oil. Add red pepper flakes and remove skillet from heat. Add vinegar, scraping up any bits; season vinaigrette with salt and pepper.

Just before serving, toss escarole, croutons and warm vinaigrette in a large bowl until escarole is slightly wilted; season with salt, pepper, and more vinegar, if desired.

Simple Roasted Acorn Squash

1 squash, halved with seeds and strings removed
Salt and Pepper
1 tbsp butter
1/2 tsp nutmeg

Preheat oven to 374°F. Sprinkle open cavities of squash with salt and pepper and cook them, inverted on a buttered baking dish for about an hour, or until soft. Scoop out insides, and puree with butter and nutmeg.

News From the Farm

Food Secure Canada has launched their Eat, Think, Vote campaign and they had an event in Victoria this week. Their thoughtful vision for a Canada where everyone can have access to healthy food is up online, as are questions to ask your candidate. Food security matters and we need to hold our government to account. Find out more at <http://campaign.foodsecurecanada.org>

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