



For the week of October 6, 2014

apples	parsnips
celery	pie pumpkin
green onions	salad
parsley	tomatoes

Whisk the oil and lemon juice together. Add the parsley and season.

Happy Thanksgiving! It's the time of year to slow down and celebrate by gathering around good food with family and friends. It's the time of year when turnips are delicious again, and eating winter squash is exciting! Enjoy seasonal eating at its best this weekend!

Pumpkin Pie Filling

* you're on your own for making pastry!

- 2 cups roasted pumpkin flesh
- ¾ cup light brown sugar, packed
- 3 tablespoons fancy molasses
- 1 teaspoon cinnamon
- ¼ teaspoon ground nutmeg
- 1/8 teaspoon ground cloves
- ½ teaspoon fine salt
- 3 large eggs
- 1 1/3 cups whipping cream
- 3 tablespoons brandy or orange liqueur

For filling, whisk pumpkin with brown sugar, molasses spices and salt. Whisk in eggs, then whipping cream and brandy or orange liqueur. Pour into chilled pie shell. Bake for 10 minutes at 375°F, then lower temperature to 350°F. and bake for 20 to 30 minutes, until filling puffs just a little around edges but still has a bit of jiggle in center when moved. Serve with spiced whipped cream.

Simple Lemon Parsley Dressing

- Juice of 2 lemons
- 5 tablespoons olive oil
- 3 tablespoons finely chopped Italian parsley
- Sea salt and black pepper

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Oil infused with hot peppers

A staple in our kitchen is hot pepper oil, and we use it to add heat to everything from omelets to salad dressing to soups.

- 1 hot pepper minced, seeds and all
- 2 cups canola or other stable oil

Heat oil over medium to low heat in a saucepan. Add pepper, and stir around. Turn heat right down and allow to infuse in the warming oil for 20 minutes. Strain oil and store it in the fridge.

News From the Farm

Its garlic planting time! The farms of Saanich Organics have been pretty lucky so far that we haven't been infected with White Rot, the dreaded disease that has plagued so many garlic growers in our area. One of the reasons we love growing garlic (besides the obvious reason that it's a kitchen staple) is that the bulk of the planting work happens when we're not busy with other jobs, and the harvest in mid July triggers the first critical cash flow of the season. To plant garlic, all you have to do is break up a bulb of garlic and plant the little cloves, pointy end up. They are amazingly resilient to weather extremes, and in the spring they are a sight for sore eyes as their bright green tips sprout out of the ground. You can eat garlic as a green sprout, much like a green onion in early spring. You can eat the curly scape in mid June and of course, the grand finale is the beautiful bulbs.

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