



For the week of October 6, 2015

Beets	Peppers
Carrots	Potatoes
Collards	Spinach
Parsley	Sugar Pumpkin

Collards with Diced Sweet Pepper

1 bunch collards, washed with big stems removed
1-1/2 tsp grated lemon rind
1 tbsp lemon juice
1 clove garlic, minced
3 tbsp vegetable oil
1/2 cup diced sweet red pepper

Heat large deep saucepan over medium-high heat for 1 minute or until very hot. Add collards and 2 cups of water to saucepan; simmer for 10 to 15 minutes, until collards are tender. Drain well in colander. Transfer to bowl. Meanwhile, combine lemon rind and juice, garlic, oil, salt and pepper. Gently toss over collards and red pepper.

News From the Farm

Thanksgiving is the time of year when we have pause to be grateful and humbled. We feel grateful for the dedication of our farmhands and staff who work hard to make Saanich Organics happen. It is a labour of love and we appreciate all the spirit that gets put into the earth (and the accounts, and the delivery driving, and the sales spreadsheets) as we do our work.

We feel humbled by you, our customers, for your dedication to the cause and by your commitment to spending time in the kitchen. While you may not always feel it, you are part of a very important revolution. Creating a food system that is socially just, good for the environment and that builds local food security is a lofty goal. We see you as partners in this, and we're sending you our gratitude. May there always be plenty of good food for everyone.

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We'll be thinking of you this weekend as you tuck into your Thanksgiving meals. We hope that this box will provide some inspiration.

Pumpkin Pie Filling

* you're on your own for making pastry!

2 cups roasted pumpkin flesh
3/4 cup light brown sugar, packed
3 tablespoons fancy molasses
1 teaspoon cinnamon
1/4 teaspoon ground nutmeg
1/8 teaspoon ground cloves
1/2 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
Whisk the oil and lemon juice together. Add the parsley and season.

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