



For the week of Oct 4, 2016

Carrots	Pac Choi
Celery	Jalapeños
Kale	Potatoes
Leeks	Pie Pumpkin

Happy Thanksgiving! We hope that you will all be able to take some time to enjoy good food in the company of loved ones this weekend.

Pumpkin Pie

2 eggs plus the yolk of a third egg
1/2 cup packed dark brown sugar
1/3 cup white sugar
1/2 teaspoon salt
2 teaspoons of cinnamon
1 teaspoon ground ginger
1/4 teaspoon ground nutmeg
1/4 teaspoon ground cloves
1/4 teaspoon ground cardamom
1/2 teaspoon of lemon zest
2 cups of pumpkin purée from a sugar pumpkin
(can also use puréed cooked butternut squash)
1 1/2 cup heavy cream
1 good crust* we get pastry shells from the Pie Co. at the Hudson

To make pumpkin purée, cut a medium small sugar pumpkin in half. Scrape out the insides (reserving the pumpkins seeds to toast) and discard. Place the pumpkin halves cut side down on a lined baking sheet and bake at 350°F until a fork can easily pierce them, about an hour to an hour and a half. Remove from oven, let cool.

Preheat your oven to 425°F.

Beat eggs, mix in sugars, salt, spices, lemon zest: Beat the eggs in a large bowl. Mix in the brown sugar, white sugar, salt, spices—cinnamon, ground ginger, nutmeg, ground cloves, cardamom, and lemon zest.

Add pumpkin and cream: Mix in the pumpkin purée. Stir in the cream. Beat together until everything is well mixed. Pour into uncooked pie shell and bake at 425°F for 15 minutes. Then after 15 minutes, lower the temperature to 350°F. Bake for 45 to 55 minutes more, or until a knife inserted in the center comes out clean. (About half-way through the baking, you may want to put foil around the edges or use a pie protector to keep the crust from getting too browned.)

News From the Farm

In the spirit of Thanksgiving, we'd like to give thanks to everyone who makes Saanich Organics run so well. We'd like to thank Anya who coordinates the box, Niki who sells our produce, Sasha who keeps our books in order, Lisa who grows our seed, Perry and Regina who deliver the produce, Stacey and Jay who help at the markets, Harmony, Elias and Jackson who help in the packing room and all our wonderful and dedicated farmhands. We are also grateful to you, our customers, who prioritize eating local organic food because it drives us to spread the joy. May good food continue to bring us together!

Contact us: boxcoordinator@saanichorganics.com or 250-818-5807

Website and webstore: www.saanichorganics.com

Mailing Address: 1438 Mt Newton Cross Road, Saanichton V8M 1S1



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