



## Winter Abundance Box 2014

Winter is time for comforting stews, rich roasts and savoury soups. We hope that you will enjoy these winter offerings and warming recipes. Think about the warm sunshine that sweetened the carrots and ripened the squash. 2014 was an amazing growing year to remember! Thanks for celebrating with us.

To keep your roots fresh, place them in a sealed bin and put the bin on your back porch, in a cool garage or basement. Guard from frost and check weekly for spoilage. Your squash and garlic can be kept on your kitchen counter or pantry because they prefer warm and dry. If you detect rot starting, cut it out and get ready to make some soup! A big pot of soup is the best way to use up excess veggies and it freezes well.



### Stewed Rutabaga

- 1/4 cup canola oil
- 1 tsp dried thyme
- 4 cloves garlic (finely chopped)
- 2 celery (ribs, finely chopped)
- 1 yellow onion (large, finely chopped)
- 1 ginger (1" piece, peeled and finely grated)
- kosher salt
- ground black pepper
- 3 lbs rutabaga (peeled, cut into 3/4" cubes)
- optional: 8 oz smoked bones (pork neck or other)
- 4 tsp sugar
- 1 1/2 cups chicken stock

Heat oil in a 12" skillet over medium-high heat. Add thyme, garlic, celery, onion, ginger, salt and pepper, and cook, stirring, until soft, about 4 minutes. Set aromatics aside.

Heat oven to 400°. Place rutabagas and roasted bones in a 9" x 13" baking dish and sprinkle with 2 tsp. sugar; add aromatics and stock. Cover with aluminum foil; bake until rutabagas are tender, about 1 hour. Uncover, and remove pork bones; cut meat away from bones, roughly chop, and return to rutabagas. Sprinkle rutabagas with remaining sugar, stir to combine, and continue baking until caramelized, about 5 minutes.

### Glazed Rosemary & Garlic Potatoes

- 6 Small potatoes
- 1 Tablespoon Balsamic Vinegar
- 1 Teaspoon Stoneground Mustard
- 1 Tablespoon Red Chili Flakes (More or less to taste)
- 2 Cloves of Garlic Minced
- 1 Tablespoon Chopped Fresh Rosemary
- Salt
- Black Pepper
- 1/2 Cup water/broth
- 2 Tablespoons Olive Oil

Peel the potatoes & wash them. Pierce them with fork in different places, Soak the potatoes in salt water for about 15 minutes. Whisk the Vinegar, Mustard, Chili Flakes, Garlic, Rosemary, Salt & Black Pepper in a bowl. Drain the potatoes & pour the above mixture on the potatoes. Toss them for the mixture to coat the potatoes. Let it sit for about 10-15 minutes. Heat oil in a big enough pan so the potatoes can be spread in a single

250-818-5807

[admin@saanichorganics.com](mailto:admin@saanichorganics.com)

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layer. Pour the potatoes on the oil, & stir fry for about 5 minutes. Add 1/2 cup of water/broth. Cover tightly & lower the heat to minimum & let it cook in its own steam, till the potatoes are done & fork tender. Increase the heat & stir fry till the potatoes start turning brown on the sides.

### Roasted Squash Soup

1 large squash, halved with seeds and strings removed

freshly ground pepper and coarse salt

8 sprigs fresh thyme

1 whole garlic (head, unpeeled)

1 tbsp olive oil

3 cups chicken stock

Preheat oven to 425 degrees. Season squash with salt and pepper, and tuck 4 sprigs of thyme into each cavity. Place squash, cut side down, and garlic on the baking sheet. Drizzle garlic with olive oil, and season with salt. Roast until fork-tender, about 40 minutes. Remove from oven, and let stand until cool enough to handle.

Discard thyme, and scoop the flesh of the squash into a food processor fitted with the steel blade. Peel 4 cloves of garlic, and add to the food processor. Reserve the remaining garlic for another use. Add about 1 cup stock, and process until smooth. With machine running, add remaining stock until the soup reaches desired consistency. Transfer to a medium saucepan and heat through. Taste and adjust for seasoning. Serve immediately, or freeze for up to 6 months.

### Warm Roasted Vegetable Salad

1 acorn, delicata, or other winter squash (about 1 1/2 pounds)

12 ounces potatoes

3 medium carrots

2 medium leeks

1 lb turnips

1 medium celeriac

5 tablespoons extra-virgin olive oil

1 1/4 teaspoons coarse salt

1/4 teaspoon plus a pinch freshly ground pepper

1 bunch beets, peeled, and chopped

5 oz kale, curly endive, or other hearty greens

4 oz of shaved parmesan or crumbled goat cheese

You can add or subtract pretty much any winter vegetables to this dish. Note that you can eat the skin of delicata squash, and delicata is prettiest in this dish.

Preheat the oven to 375 degrees. Cut squash crosswise in 1/4-inch rings, and remove seeds. Place in a large bowl, and set aside. Cut potatoes in half, lengthwise, and place in bowl with squash. Peel and cut carrots crosswise into 1/2-inch coins. Add to squash.

Trim roots from leeks, leaving end intact; cut off greens from leeks, and cut in half lengthwise. Wash well, then cut into long, thin wedges. Add to squash mixture.

Cut into 1/2 inch chunks, and add to bowl. Peel celeriac, and cut into 1/4-inch wedges; add to bowl.

Drizzle vegetables with 4 tablespoons olive oil, and sprinkle with 1 teaspoon salt and 1/4 teaspoon pepper. Toss until well combined. Arrange in a single layer on two large rimmed baking sheets. Place beets in same

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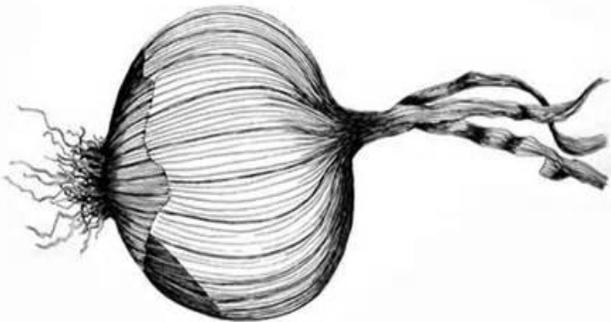


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bowl, drizzle with remaining 1 tablespoon olive oil, and sprinkle with remaining 1/4 teaspoon salt and a pinch of pepper. Toss again. Add to baking sheet with vegetables.

Roast until golden brown and tender, about 45 minutes, tossing halfway through to ensure even browning. Add greens tossed in oil during last 15 minutes of roasting. Remove from oven, and let cool slightly on baking sheets.

Drizzle with your favourite warm dressing. Shave cheese thinly with a vegetable peeler, and garnish the salad with it. Serve immediately.



**Thanks for supporting the Saanich Organics Winter Abundance Box! As our farms grow and become more productive, we always have to think about growing our family of customers. This year we tried a couple new things: we now deliver to workplaces, and of course you've just received our first ever Abundance Box. We love both these initiatives, so keep your eyes open for news of a Summer Abundance Box, and let us know if your workplace might be a good drop location for weekly boxes.**

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### Our Top 5 Memorable Experiences for 2014

1. We've been inspired by the need for more locally grown seed, and we really got into vegetable seed production on our farms. In January, we made our biggest sales ever of bulk seed to Stellar Seeds, we designed and printed a beautiful seed package, and we had over 35 varieties of seeds for sale at Seedy Saturday. We're grateful to Lisa, our staff seed breeder, for leading this charge.
2. We had a great work party to put a new plastic skin on our 160" greenhouse. Saanich Organics was built by work parties, and in April we had a classic day-long work bee to take the 10-year-old skin off our greenhouse and replace it with a new shiny one. Several of our former apprentices were putting up new greenhouses of their own, so we were able to recycle most of the plastic, while saving new farmers money.
3. We bought a new cube van in June! It has been a dream of ours for many years to have a delivery truck of our own.
4. We've consistently re-routed our excess abundance to the kitchen at Our Place this year. Over the years we've always donated some of our excess, but it's harder that you'd think to get fresh veggies to those in need. Atley, our delivery driver, and Timmi and Otis, our apprentices, are dedicated to filling and delivering boxes of produce most weeks to Our Place.
5. Cheers to the amazing growing season! The blueberry bushes were loaded, the heat loving crops like melons and eggplant thrived, root crops grew huge and healthy and peppers were being harvested in November!

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