



February 19, 2013

Beets T  
Cilantro  
Kale T  
Leeks T

Roko Potatoes T  
Sunflower Sprouts  
Frozen Berries

You'll notice this week some "T"s noted in your list of box contents. This marks produce coming from a Transitional to Certified Organic farm. As some of you know, Robin has moved to Sea Bluff and is transitioning the field into certified organic production. Also two of our former apprentices are starting out with their farm businesses so we will be buying their produce as well. Often produce in the box gets mixed together: for example Heather may do a third of the beets, and Rachel and Robin will make up the rest. Any time certified organic produce is mixed with Transitional to certified produce, we defer to the Transitional label.

### **Beets with Balsamic Glaze**

1 bunch red beets clean with tops removed  
Olive oil  
Salt  
¼ cup balsamic vinegar  
1 teaspoons sugar  
1 teaspoon grated orange zest  
Freshly ground black pepper

Preheat oven to 400°F. Place the beets in a roasting pan. Rub olive oil over the beets, and sprinkle with salt. Roast for 45 minutes to 1 hour, depending on the size of the beets. Once fork tines go in easily, the beets are tender and cooked. Remove from the oven.

While the beets are cooling, prepare the balsamic glaze. In a small, shallow sauté pan, add the balsamic vinegar and sugar. Heat on high until the vinegar has reduced to a syrup consistency. Remove from heat.

After the beets have cooled for several minutes, but are still warm to the touch, peel off the outer skins and discard. Cut the beets into quarters or more, bite-sized pieces.

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Place beets in a serving bowl. Pour balsamic glaze over the beets. Stir in grated orange zest, and add salt and pepper to taste.  
Garnish with a little orange zest to serve.

### **Cilantro Pesto**

2 cups, packed, of cilantro, large stems removed  
1/2 cup blanched almonds  
1/4 cup chopped red onion  
1/2 teaspoon chopped and seeded serrano chile  
1 teaspoon Kosher salt  
1/4 cup olive oil

In a food processor, pulse the cilantro, almonds, onion, chile, and salt until well blended. With the food processor running, slowly add the olive oil in a steady stream.

### **News From the Farm**

It was a busy weekend for us, Seedy Saturday and the Downtown public market at Market Square on Saturday and then the Island Organic Producer's Association AGM on Sunday.

Our organic certification papers are due at the AGM so its often a late night of formatting maps and making sure everything is tikety boo. Once our papers are in, they will be read over by the certification committee and a verification officer will come out to the farm for a visit to make sure that our fields and methods are in compliance with the organic standards.

Roko potatoes in your box literally look like rocks! They are a heritage variety that has been grown at Sea Bluff Farm for a long time.

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