



March 5, 2013

Braising Mix T	Potatoes T
Carrots (2nds)	Shallots
Cilantro	Spaghetti Squash
Pea Shoots	Frozen Berries

1 Tbsp lemon juice
1 Tbsp chopped fresh rosemary

Toss potatoes with the mustard mixture and salt and pepper. Spread out on a parchment lined cookie sheet. Roast at 425°F for 35-40 minutes.

Asian Dressing for Warm Steamed Greens

2-inch long piece fresh ginger, coarsely chopped
2 tablespoons miso
3 tablespoons tahini (sesame paste)
1/2 cup water
3 tablespoons fresh-squeezed lemon juice

Blend all ingredients and serve over warm greens.

Last summer was a bumper year for blueberries and Heather still has plenty left in her freezers. They are so delicious! We've been having the best smoothies and baked treats all winter thanks to the bounty! Please tell your friends and neighbours! Call Heather 250 652-9035 to direct order, or go to the Saanich Organics webstore and add them to your home delivery order!

You will notice that your carrots aren't the prettiest this week, but they are tasty! We've added extra in your boxes to make up for the bits that aren't good.

Roasted Spaghetti Squash with Herb Butter

Half of a spaghetti squash
1/4 cup grated Parmesan
3 tbsp butter
1 large clove garlic, minced
1/4 tsp salt
2 tbsp chopped fresh sage, basil or parsley
1/4 tsp. pepper

Lay squash with open face down in a pan with a cup of water in the bottom. Bake at 375°F for 45 minutes, or until tender. Transfer squash to a bowl after removing the skin.

Meanwhile, in a small saucepan, melt butter over med-low heat. Add garlic and salt and cook for about 5 minutes until garlic turns golden. Remove from heat, stir in herb and pepper. Pour over squash, add cheese and toss.

Roasted Potatoes with Rosemary and Dijon

2 lb potatoes cut into quarters
1/4 cup whole grain mustard
2 cloves garlic, crushed
3 Tbsp olive oil

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