



Happy Holidays Parsnip Perfection

THE ORGANIC BOX NEWS

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**We wish you all a fabulous holiday season
Full of joy, health and happiness**

Holiday Hours

We will be open through the holidays this year, but with a slight change in hours on December 24th and 31st.

Members who normally pick up their boxes on Saturday, please come to the warehouse by 11 a.m. instead of by 1 p.m. on these days. Deliveries will continue as usual from December 22nd to 24th and from December 28th to 30th. You can also pickup your box on Friday if that suits you better, just let us know.

Parsnip Perfection



It isn't Christmas without parsnips! There is an order of parsnips in every box this week. We are fortunate to have local parsnips from our friends at Peas on Earth farm in St. Albert. They

sold out at the Farmers Market this weekend, but luckily there were hundreds set aside for The Organic Box members.

A parsnip contains more heart-friendly potassium and folate than a carrot. Folate is a B vitamin required for the creation of healthy cells. They are high in fiber as well.

A parsnip looks like a white, overgrown carrot. It is sweet with a texture like a sweet potato. Parsnips are easy to prepare, can be eaten cooked or raw, and are terrific in soups and stews.

Store raw parsnips in the refrigerator, allowing them to breathe. They will keep well up to three weeks.

Sautéed Baby Parsnips and Carrots

1 lb parsnips/ carrots
1 tbsp butter
1 tsp chopped fresh rosemary
Salt and pepper to taste
1 tbsp honey

Melt the butter in a heavy skillet over medium high heat. Add the veggies in a single layer. Add the rosemary and a bit of salt and pepper. Sauté, turning the veggies until almost tender. Drizzle the honey over the veggies and continue to sauté until all sides have a nice caramel crust.

Recipe from <http://blessherheart.typepad.com/>

Parsnip and Caramelised Onion Tart

For the filling

300ml milk
50g mature Cheddar cheese, grated
25g butter
3 onions, sliced
500g pack parsnips, peeled and quartered lengthways
3 Free Range Eggs



For the pastry

175g plain flour
75g chilled butter, diced

Preheat the oven to 375 degrees. To make the pastry, sift the flour and a pinch of salt into a large bowl. Rub in the butter to form fine breadcrumbs. Add 1-2 tbsp cold water to mix to a soft dough. Roll out on a floured surface and use to line a 23cm x 2.5cm deep, loose-bottomed flan tin. Cover and chill for 15 minutes. Line the pastry case with parchment paper, fill with pastry weights and bake for 15 minutes. Remove the paper and weights and set aside. Turn the oven down to 180°C.

Meanwhile, heat the butter, add the onions and some seasoning. Cook over a gentle heat for 10 minutes, until caramelised. Meanwhile, cut any woody centres out of the parsnips and discard. Cook the parsnips in boiling water for 5-7 minutes, until tender. Drain well and tip into a bowl. Mash until smooth.

Beat the eggs and milk together and stir in half the cheese, season and stir in the onions and parsnips. Pour the mixture into the tin and scatter the remaining cheese over the top. Bake for 25-30 minutes. Remove from the tin and serve warm with a crisp green salad.

Recipe from <http://www.waitrose.com/>

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