

New Fish & Beer Boxes – see [www.kentvegbox.co.uk](http://www.kentvegbox.co.uk) for info



## JAN 2010 Week 1 Newsletter

The contents of your box this week will be made up of the following:

<b>Name</b>	<b>Method</b>	<b>Source</b>
Potatoes	No Spray	Faversham
Carrots	No Spray	Ash
RED Cabbage	No Spray	Ash
Squash	No Spray	Ash
Onions		Canterbury
Apples		Maidstone

Well the start of this year is interesting to say the least. Weather wise we are going to struggle I think for a few weeks but we will deliver, it may just be a day or two later depending on the snow. I will always update the website as we go so please look there – or gives us a ring. You can also join our e-letter on the website which again will give you more info.

I also think the next few weeks may test your resolve about using local veg. The weather will hamper crops of leaf veg particularly so I have to be honest and say we are in for a root/squash/brassica time. I do plan to have the odd other crop coming in, but we will now struggle for leaf veg until new growth comes through in early spring. We now need a warmish Feb/March to get this growth going. This is the price we pay for committing to local veg – seasonal it definitely is. Unlike other boxes we will not ship veg in from elsewhere....

We have developed two other boxes though. The first one is a monthly fresh fish box from Griggs of Hythe that will use fresh local fish and be delivered every third week of the month. Priced from £15 this is good way to get fresh fish back in your diet.

The beer box starts at £16, and again is a monthly box of local beers

01622 861113 **Please return your bags & boxes!!!** [www.kentvegbox.co.uk](http://www.kentvegbox.co.uk)

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and ciders. More information is on our website at the top of the page. If you wish to try these you can give us a call, drop us on email or order via the website.

Now in this weather a hearty soup is what you need:

## **Squash and Onion Soup**

### **Ingredients**

1 decent sized butternut squash  
1 onion (chopped into thin rings)  
2 cloves of garlic (crushed)  
half a tin of butter beans (optional)  
half a tin of light coconut milk  
a cup/tin of sweetcorn  
2 tblsp of olive oil  
knob of butter

### **Method**

Peel, halve and chop the butternut squash into small cubes.

Fry the cubes and the onion rings in a little olive oil until soft, add the butter and the crushed garlic until the garlic is soft.

Now remove the onion rings and put to one side.

Place the cooked butternut squash and garlic along with the butter beans and half of the sweetcorn in a liquidiser (or you could use a hand blender if you prefer) and blitz until smooth.

Now put the liquid into a pan and bring up to a simmering heat and now you can add the cooked onion, the remaining sweetcorn and stir in the coconut milk with the onion and sweetcorn.