

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



## JAN 2010 Week 2 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
Cabbage	No Spray	Ash
Leeks	No Spray	Ash
Sprouts	No Spray	Faversham
Beet	No Spray	Faversham
Apples		Maidstone

We have got some really big roots this week, with both the beet and the carrots coming into late season. These big roots will need more cooking than the smaller versions we get when they first come into season; try them in stews and casseroles. I was talking to one of the farm workers last week about the big beet and how best to cook them. He said that he cuts them into thick slices and fries them in butter. This sounds really good to me, and I asked him who he got this from, expecting it to be his gran or something. He told me he loved Ready, Steady Cook.....

One or two of you didn't get the box last week; sorry we just couldn't make it through. We have put a credit in for you. Hopefully we won't have any more snow now....I am getting fed up of working through the wettest, coldest or snowiest period on record....

I have put a recipe below for the beetroot, pink mash. It reminds me of a customer who added beetroot to their cheese sauce for the cauli. Obviously it turned pink and her young daughter called it Barbie Sauce. So, please feel free to try the Barbie Mash....

I have to say that I prefer to roast the beet, cut into chunks, with the

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

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

carrots and any other root or squash. Just cover in oil and herbs of your choice and roast until tender. Again cut the beet into smaller chunks.

## Ingredients

- 6 good sized potatoes suitable for mashing
- 2 beetroots
- good knob of butter
- dash of milk or cream (optional)
- salt and pepper to taste

## Method

1. Peel and boil beetroots whole until tender (this may take a while and cut the big beet in to chunks.
2. Peel and boil potatoes until tender, ready for mashing
3. Cut beetroots into chunks of approx 1-2 cm (or alternatively shred beetroot using cheese-grater)
4. Put potatoes, beetroot and butter in pan/bowl and mash together, the beetroot will stay a bit crunchy but that's the idea
5. Add milk last and mix it in with mash to make it creamy.
6. Season with salt and pepper

Finally we are just preparing to issue the first fish boxes next week. It looks like there will be cod, mackerel and plaice in the box, as well as some other local fish. If you wish to take a monthly fish box, let us know by Monday. More details on the website.