



# JAN 2010

## Week 4

### Box Contents

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

<b>Name</b>	<b>Method</b>	<b>Source</b>
Potatoes		Tenterden
Carrots	No Spray	Ash
Spinach/Chard (not in small)	No Spray	Faversham
Leeks	No Spray	Faversham
Cauli	No Spray	Ash
Pears		Maidstone

I have managed to get a bit more green into the box this week I am pleased to say, and hopefully over the next few weeks if it turns a bit milder we should get crops such as purple sprouting coming through. It is always a bit tricky now through to May but we do get some greenhouse crops such as tomatoes appearing during late Feb so that will hopefully help us out.

Just a reminder to please return your boxes and paper bags to us each week. We seem to not get as many bag lately so if you could make an effort we would be grateful. It keeps our costs down. Can I also ask that if there is a chance of wet weather that you wrap the box in a bin bag if you cannot put it somewhere dry as they are not waterproof. Many thanks

We have had quite a few new members recently – welcome – and are therefore going to have to move the rounds around a bit next week. If you live round Maidstone then some Thursday deliveries may move to Friday from next week. It is amazing how the spread of customers changes and we do have to juggle the rounds now and then to keep it efficient.

Finally I have put a few flyers for the scheme in each of you boxes and I

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would cheekily ask if you could pass them on the friends, neighbours, relatives work colleagues or anyone else you think might be interested. A bit cheeky I know but advertising is expensive and I have to say that you lot are cheap, which is why we like you.... Many thanks

Recipe Time – hoorah.

### **Creamy Potato & Carrot Soup**

30g butter

1 onion, chopped

1.4L veg stock

5 carrots, peeled and sliced

3 small potatoes, peeled and sliced

1 teaspoon herbs de Provence

1 pinch dried thyme

1 bay leaf

salt and pepper to taste

60ml double cream

8 sprigs parsley

1. Melt the butter in a large pot over low heat. When the butter begins to foam, add the onion; cook until the onion begins to turn translucent, 3 to 4 minutes. Add the chicken stock, carrots, potatoes, herbs de Provence, thyme and bay leaf; season with salt and pepper. Raise heat to medium-high and bring to the boil; reduce heat again to low and simmer until the potatoes are tender, about 30 minutes.
2. Pour the soup into a blender, filling it no more than halfway. Securing the lid of the blender with a folded towel, start to blend using a few quick pulses before allowing to blend continually; puree in batches until smooth. Divide into eight soup bowls; garnish each portion with about 1/2 tablespoon double cream and a sprig of parsley.