



## FEB 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
Kale	No Spray	Ash
Swede	No Spray	Ash
Leeks	No Spray	Faversham
Apples		Maidstone

Well here we go again, the threat of snow and a cold snap. Hopefully it will not last that long, or be as bad. Obviously it is making the veg supply difficult; more as a result of new crops not growing on.

As I have said before some of the root veg are becoming big old monsters. We keep with the carrots, for example, all year from the young sweet bunches through to the somewhat harder, bigger specimens that come out of the ground now. These older veg need more cooking; that is why we have stews and casseroles this time of year. I still think that the flavour is great and definitely worth the effort. This is a key element of seasonal veg; you get the same veg in different forms.

Bit of a fuss last week about Cadburys being taken over by Kraft. Whilst there was some crying over the 'pint & a half' of spilt milk I am somewhat non-plussed. Michael Portillo summed it up for me when he said it is a cheese company who doesn't make real cheese acquiring a chocolate company who doesn't make real chocolate. I agree, Cadburys now is certainly not what it was when it was first born, so what's the fuss? They are just another large food company selling a highly processed food with a variable mixture of fats, sugar and salt.

Just a quick plug for our meat boxes, which are getting increasingly popular. You can have them delivered fortnightly/monthly for you own budget. Most people start at £25 per fortnight and in that you will get a mix of basics like bacon and sausages as well as chops, steaks and joints/chicken. There will also be the occasional game and frozen fish. If you would like to try one then there is more info at the website above. Also next week is fish box week. These have proved very popular so again, please let us know if you would like to try one.

Now, I shall be trying these. Reckon added bacon would work well?

### **Indian Spiced Swede Cakes**

These lovely spiced cakes are perfect for a light lunch served with salad, or as a starter or a party nibble. Makes about 12-15 cakes

- 1 swede, peeled and chopped
  - 75g butter
  - 1 tsp ground cumin
  - 1 tsp ground ginger
  - A pinch of chilli powder
  - Olive or sunflower oil for frying
- |                             |
|-----------------------------|
| 1 red onion, finely chopped |
| 2 garlic cloves, minced     |
| 2 tsp mustard seeds         |
| 1 tsp turmeric              |
| 200g breadcrumbs            |

Cook the swede in simmering, salted water for 20 minutes or until soft. While it cooks, slowly fry the onions in 2 tbsps of the butter, until soft and caramelized – this will take about 20 minutes. Towards the end of cooking, add the spices and garlic and cook for a few minutes more.

Drain the swede in a sieve, let it sit and steam for a moment, then toss it and the remaining butter in the pan with the onion and spices. Mash until smooth. Season with salt and plenty of black pepper. Then form into golf ball-sized nuggets.

Add a pinch of salt and pepper to your breadcrumbs and spread into a dish. One by one, roll the balls into the breadcrumbs to coat, gently pressing the balls into flat little cakes.

Drizzle enough oil in a frying pan to form a 1cm layer. Heat until quite hot and carefully add each cake. Cook until golden on each side, about 3 minutes. Make sure the sides of the cakes get browned as well. Serve warm with lime wedges and natural yogurt flecked with finely chopped fresh mint and garlic.