



FEB 2010 Week 4 Newsletter

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

Name	Method	Source
Potatoes	No Spray	Tenterden
Squash	Organic	Wye
Cauli	No Spray	Ash
Stir Fry Mix (lrg only)	Organic	Wye
Sprouts	No Spray	Ash
Mushrooms	No Spray	Fawkham
Apples		Maidstone

As I mentioned last week, the price of caulis has dropped so I have got them in this week. They are not that big, but that is all there is; pesky weather. I have also put some crown prince squash in the box, but just portions this time. They should keep for while if in a fridge or cool place. I have also got some mushrooms from Kentdown Mushroom. We have known Nigel there since we first started but we have never really put them in the box. Nigel grows many splendid varieties there, but most are too expensive for the box, but his standard buttons are fine. Sign of the times, he used to employ over 20 people there but is down to a handful now. He, like me, thinks things are bottoming at the moment; any green shoots are remaining just that.

Still, I have heard we will get some rhubarb in the next 2 weeks or so and I have also got a crate of tomatoes for the shop. Hopefully we can get enough tomatoes for the boxes in the next couple of weeks as well. Just need some SUNSHINE!!

I have put some special meat boxes online. These are larger boxes that are aimed at providing you with a freezer fill up, and there is a discount for the larger box as well. You can order online via the web page at the top of the page.

I like the sound of the recipe below. The addition of bacon always encourages me to try a veggie dish – if you see what I mean. I reckon the addition of extra cheese on top of the crumble for the last 10 mins would work as well. You can always improve veg with cheese as you know.

Sprout and Mushroom Crumble

Ingredients

- 25g Butter
- 1 clove Garlic, finely chopped
- 200g rashers of streaky Bacon, roughly chopped
- 150g chestnut mushrooms, sliced
- 300ml double cream
- 0.5 tsp English Mustard
- 1 pinch Nutmeg
- 0.5 Onions, diced
- 330g Brussels sprouts, sliced
- 100g mature Cheddar cheese
- 1 tsp grain Mustard
- 1 tsp Cumin seeds

For the crumble

- 75g plain flour
- 50g oats
- 25g Sesame seeds
- 50g Butter, diced
- 25g sunflower seeds

Method

1. Preheat oven to 200C, then butter a 20cm by 30cm oven dish.
2. Heat a large frying pan until hot and add the butter. Stir in the onion and garlic, and fry for 2-3 minutes until softened. Add the bacon and cook for a further 3 minutes.
3. Add the mushrooms and brussel sprouts, and fry for 2-3 minutes until just softened and golden. Add both the mustards, nutmeg and cumin seeds.
4. Pour in the cream and bring to a boil. Lower the heat and simmer for 2 minutes. Tip in the cheese, season with plenty of salt and black pepper, and pour the mixture into a buttered oven dish.
5. Place the flour and butter into a bowl and rub together to form crumbs. Stir in the oats and seeds, and sprinkle over the sprout mixture and pat down.
6. Bake in a pre-heated oven for 20-25 minutes, until golden and bubbling. Serve straight away.

Finally just to say Saturday 6th March Sausage Tasting Day at The Old Dairy. So if you fancy trying out some new bangers, and who doesn't, we will see you there.....