



MAR 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
Carrots	No Spray	Sandwich
Cauli	No Spray	Wye
Tomatoes	No Spray	Ash
Leeks	No Spray	Ash
Apples		Maidstone

I have put caulis in the box again this week as they are going to have a gap in crop for a month or so and I thought we might as well get a final lot in. The good news is that next week we have not only purple sprouting in the box, but also some wild garlic leaves. The following week it is likely we will have the first of the rhubarb, so it just shows how a little bit of warmth really brings the new crops on. About time....

I'll just point out while I remember that next month is a 5 week month, so your charge will go up to reflect this.

On the shopping website www.lovekentshop.com we have put some lamb on a special price for delivery next week if you would like it for Easter.

Times remain tough at the moment in the local food world, as well as generally. Talking around the industry it seems that most people are waiting out the election and are not convinced that we are out of recession. I have to say I agree. As you know we had to pull out of our centre at Yalding. The good news is that a new operator is close to taking it on; just waiting for the lawyers to stop flexing their muscles at each other and GET ON WITH IT; and it should reopen. The plan is May Bank Holiday I understand. Our numbers on the box scheme are

really good at the moment – welcome all the new customers – but we are an exception. I am really interested in what you all think about our scheme, and your reasons for staying with us. I think the best way for this will be to send you a little questionnaire in the next few weeks so we can get some feedback from you. Don't worry I do not really need to know your inside leg measurement or your bra size, and no salesman will call. I'd appreciate some honest feedback – which I am sure I will get – so we can see if we are on the right lines. Thanks in advance.

I have to say leeks are one of my favourite vegetables. I think they can be added to any dish really and are much better than onions in any recipe. I have to say that they go so well with cheese as well; the vegetables friend. There are of course all those Welsh connections as well boyo.

Leek & Parmesan Risotto

Ingredients

- 25g butter
- 1 tbsp **olive oil**
- 4 **spring onions** , trimmed and finely chopped
- 2 **leeks** , trimmed and finely chopped
- 2 **garlic cloves**
- 150g arborio rice
- 1 glass white wine
- 750ml vegetable or chicken stock
- 25g **parmesan** , finely grated

1. Bring the stock to a simmer. Heat a large wide pan and add half the butter and the olive oil. Add the spring onions, leeks and garlic and cook for 5 minutes until softened. Add the rice and stir to coat then tip in the wine and bubble until reduced. Add the stock a little at a time, stirring until the rice is tender with a little bite and oozy.
2. Stir in the parmesan and the rest of butter and season.