



APR 2010

Week 1

Newsletter

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

Name	Method	Source
Potatoes	No Spray	Tenterden
Kale	No Spray	Sandwich
Cabbage	No Spray	Wye
Garlic Leaves	Organic	Wye
Purple Sprouting	No Spray	Ash
Onions (large only)	No Spray	Canterbury
Apples		Maidstone

Finally we are getting the new crops into the boxes...and despite a little cold spell this week I have been able to get some commitment for the next few weeks Rhubarb, Cabbage Sprouts and Spinach. I was also at Faversham today talking to Alistair of Monkshill farm and we could see the asparagus tips just poking out of the ground so some warmer weather will really bring them on. I daresay that in about 8 weeks I will be moaning about how there is too much choice and I cannot get it all in the boxes...

Whilst driving through Ashford the other day I happened to pull up outside Domino Pizzas. Disturbing enough you might think, but what was more worrying was that they had 13 delivery mopeds outside. 13! What a sad indicment of how we eat. Don't get me wrong, I like a pizza now and then but that is some demand in Ashford I have to say. I also passed a similar store near Bromley and they had 3 Smart Cars in livery. A better class of delivery required obviously...

Can I just take a bit of space to remind everyone that you need to let us know by Monday if you need to take that week off. I buy all the veg Monday and if everyone cancels late we get left holding the carrot so to speak. If you are late in cancelling we might have to charge you 50% of

the box value to cover our costs. Sorry but we had several late ones this week and, well you know. Also it is a 5 week month in April, so your normally monthly charge will be a bit higher.

Now the garlic leaves are great. They are only around for a few eeks, so make the best of them. The van smells quite pleasant for change when they have been in it; only the leeks pong quite as much. I like the sound of the recipe below. Served with the PSB, steamed and drizzled in a chilli dressing would be a perfect meal I think. Add potatoes – mashed I think?

Chicken Wrapped in Garlic Leaves and Pancetta

You'll need (per person):

- 1 chicken breast fillet
- 5 slices pancetta
- 1 handful fresh wild garlic leaves
- Pepper
- 1 knob butter

Lay the slices of pancetta out in a rectangle on a piece of greaseproof paper. The slices should overlap so there are no gaps. Lay the wild garlic leaves all over the top, then place the chicken breast on top of that. Grind pepper all over the chicken (you don't need any salt; the pancetta will be salty enough on its own) and use the greaseproof paper to wrap the pancetta and garlic leaves around the chicken, as if you were rolling a Swiss roll. Use toothpicks to secure the ends of the pancetta.

Melt the butter in a heavy-bottomed, non-stick pan, and when it starts to bubble, saute the wrapped fillets for eight minutes each side. (Start by cooking the presentation side – the one without toothpicks – first.) Garnish with some wilted leaves and pour over the pan juices.