



## APR 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
Leeks	No Spray	Sandwich
Cabbage Shoots	No Spray	Faversham
Beet	Organic	Wye
Purple Sprouting	No Spray	Ash
Rhubarb	No Spray	Maidstone

I have put some more purple sprouting in the box this week as it will only be with us a short while. I have also added some cabbage shoots from Alistair at Mallards Farm. You can treat these like any other leaf veg, but in looking online for a recipe I actually found one from a Roman translation. That involved steaming them and then mixing with salt, cumin and a little white wine. The leaves need a bit longer to cook than spinach but are very tasty.

I have stopped on the carrots now until the new season, which is several weeks away. The big old carrots are at a risk of getting woody on us, and although they are better in stews I think we have had enough of them. Interestingly I have had some comments about them, both positive and negative, and their flavour. I think they still have lots of flavour but some of them now are the size of a large parsnip so time to stop. Hopefully if the warm weather continues it will not be too long for the new season carrots.

In the shop this weekend we will have out lamb on taste for you to try if you pay us a visit. Lamb is the most expensive meat but I have to say it is so tender and full of flavour it is sometimes worth a treat. We shall be offering a discount on lamb as well, so now is the time to try. If you cannot make the shop but would like to try some please give us a call.

I do like the word Rhubarb. They is something that makes me want to snigger when I hear the word; I always think it is the sort of word that is used by 'carry on' films in a smirky, 'nod & a wink' way. Or it could just be my mind, best not think about it too much I guess. Now I have to say Nigellas rhubarb muffin (back to carry on) are superb, but I have put a rhubarb cake recipe below for you:

### **Rhubarb Bread Recipe**

#### **Rhubarb Bread with Brown Sugar Topping**

2/3 cup brown sugar	1 egg
2/3 cup vegetable oil	1 1/2 cups rhubarb (chopped)
1 tbsp Vanilla	1 cup milk
1 tbsp baking soda	1/4 tsp salt
2 1/2 cups flour	1/2 cup nuts (finely chopped)

#### **Topping:**

1/4 cup brown sugar	2 tbsp hot orange juice
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Preheat oven to 350 degrees. In a medium bowl, combine brown sugar, egg and vegetable oil. Stir in finely chopped rhubarb, vanilla and milk. In a separate bowl, sift together the baking soda, salt, and flour. Add the wet mixture to your flour mixture. Stir just until moistened. Stir in the finely chopped nuts. Pour into greased baking pan and bake at 350 degrees for 1 hour or until a toothpick comes clean.

To make the topping, combine the hot orange juice and brown sugar until dissolved. Pour over hot bread once it has been removed from the oven. When juice is well absorbed, remove bread from pan. Cool on a wire or wooden rack and wrap for storage.

**Just room to say that it is Fish Box week next week. If you want one then please order online or gives us a call asap.**

**Thanks**