



APR 2010 Week 2 Newsletter

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

Name	Method	Source
Potatoes	No Spray	Faversham
Cauli	No Spray	Sandwich
Spinach/Leaf Broc	No Spray	Faversham
Mixed Salad (not small)	Organic	Wye
Purple Sprouting	No Spray	Ash
Apples		Maidstone

More leaf veg this week, who remembers those big old carrots and parsnips then? I have put the PSB in again as it will not be with us for long. We are also have spinach and some ordinary broccoli available this week; it depends upon how much crop there is as to how many spinach or broccoli we get, so it will be a nice surprise for you.

Strangely I am now worried about having too much leaf and not enough root veg over the next few weeks. Hopefully the glasshouse crops will be with us soon; peppers aubergine etc. are all coming on.

I thought I should also make it clear that I do not plan to mention the election in these pages over the next few weeks as quite frankly I find nothing amusing to say about it all. I might break the rule if one of them comes out with anything daft about local produce, or decides that veg boxes should attract tax relief. Now there's a thought.....

We have added a new box to the list that provides a selection of cheeses and chilled meats each month. If you would like to try a box out you can gives us a ring or order via the website where there are more details. www.kentvegbox.co.uk for all your box needs.

I have also got some cauliflower this week. Having thought they were

going to be in short supply, the warm weather has bought them all on quickly so we have managed to get them again.

I cannot remember the last time we did a recipe for the caulis, so here is one below. I was reading that the smell from cauliflower is the sulphur released from cooking – so if you get the smell try cooking less. Or blame the dog...

Cauli and Chick pea Pitta Pockets

Ingredients

Serves 4

1 medium cauliflower

200g cooked chickpeas

150ml natural yoghurt

5 spring onions

Small bunch leaf veg like spinach or salad leaves

1 pitta bread per person

2 tablespoons tahini or peanut butter (optional)

Method

Break off the cauliflower florets into thumb-sized chunks. Wash well.

Cook in a small amount of boiling water in a covered pan for 5-8 minutes, until tender. Drain and allow to cool.

Wash and trim the spring onions. Slice finely.

Wash the leaf veg and drain well. Chop finely.

Mix together the spring onions, leaf veg and yoghurt. Season with salt and pepper to taste.

Mix together the cooked cauliflower, chickpeas and the dressing, until thoroughly combined.

Optional: Cut each pitta pocket in half and smear one inner side with $\frac{1}{4}$ of the tahini or peanut butter, if using.

Divide the chickpea and cauliflower mixture even between the pitta pockets.

Serve immediately.