



APR 2010 Week 4 Newsletter

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

Name	Method	Source
Potatoes	No Spray	Faversham
Leeks	No Spray	Sandwich
Cucumber	No Spray	Walmerstone
Chard	Organic	Wye
Tomatoes	No Spray	Lyminge
Rhubarb	No Spray	Ash

The cucumbers this week comes from Walmerstone growers at Ash near Sandwich. They are grown using natural fertilisers and no sprays under glass. The farm was set up by Howletts zoo park to supply fresh veg etc and we get a lot of glass house crops from them, including aubergine and peppers later in the season.

The warm weather now means that everything is coming n so fast, although our pear tree blossom is still not out fully. Hopefully we'll get a good crop this year as by the time it fully arrives we will not get any frost that can decimate blossom.

Driving round I have also notice the broad bean plants in the fields coming on (how sad am I...my family are polite but I know they are not interested when I say what crop is in each field). I love broad beans, not too big though. I know my hero Huge Firmly-witha-Stool does a fantastic broad bean pate that Becca and I have had the opportunity to watch him prepare when we attended one of his events. The plan was that we all de-podded the beans left on our chairs but I ate mine raw before the bowl come round...very embarrassing. I still think it was rude of Becca to move several seats away from me though. Mind you she made up for it the following visit, but that is another story...

You may recall that we have started delivering veg boxes to schools and are delighted to have started at Sundridge & Brasted School. We are also about to start at St Margaret's in Rainham. Under the scheme we deliver the boxes to the school for the families to take home, and the school get's the saving on the delivery costs. More details on the website, but give us a call if you think your school may be interested.

A simple pasta recipe here. You can sub in the chard for the leeks if you wish, just chop roughly and add in.

Creamy Ham, Leek and Tomato Spaghetti

Ingredients

2 tsp **olive oil**

2 medium **leeks**, thinly sliced

200g Tomatoes, sliced

2 **garlic cloves**, crushed

300g spaghetti

140g low-fat soft cheese (we used Philadelphia Light)

85g wafer-thin smoked ham, shredded

Small pack **basil**

25g grated **Parmesan**

Method

Heat the oil in a large saucepan. Stir in the leeks, 2 tbsp water and some seasoning, cover, and then cook for 5 mins over a medium heat until softened.

Add the tomatoes & garlic, then cook for 3 mins more. Meanwhile, cook the spaghetti according to pack instructions, then drain, reserving a little of the cooking liquid.

Stir the soft cheese into the leek and mushroom mixture, adding enough of the reserved pasta liquid to give a sauce-like consistency. Add the ham, basil leaves and Parmesan, then toss in the spaghetti.