



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
Spring Greens	No Spray	Sandwich
Garlic Leaves	Organic	Wye
Parsnips	Organic	Wye
Purple Sprouting	No Spray	Sandwich
Apples		Maidstone

Bit of a throwback to the winter with the last of the root crops, parsnips. I have nicked a nice little recipe from that Sainsbury's sponsored sell out Jamie Oliver. I like the idea of using parsnips in a different way and Jamie does always come up with good recipes in an annoying barrow boy way donchya know....

As we speak I am scouring around for asparagus. Some shops are advertising Kent Asparagus (do not go to them!) but our usual suppliers are shrugging shoulders. My last hope is a little supplier (I mean he doesn't grow much not that he hasn't grown much; isn't the English language great?) near Sandwich. I do think we may be in business next week. It is expensive and does look a bit sad in the small boxes as to give you a decent portion takes a fare whack out of the budget, so we will see what prices are like this year.

Becca and I visited a potential pork supplier near Meopham this week. It was based on a farm and the pig pens circulate round the farm digging up and fertilising the old fruit patches, and then get moved on so new plants can be put in. Some of the pens are in the woods as well so they get to roam around free in the woods. Did you know that is why pig's ears flap down over their eyes – to protect them from brambles etc in the woods. It was also interesting to learn that if 2 sows give birth at

the same time they even up the piglets amongst themselves and then become their mum. A piglet also feeds at the same teat until it is weaned, so if the sow has only a few piglets she can look really lopsided. Each piglet takes 11 months to mature, not the industrial 5-6; no hormones here. Hopefully we can work out some arrangement with them in the near future; there is nothing wrong with our existing supply, but these are nearer and we feel we would like to support them. Downside is now Becca wants pigs. So do I actually, but I have 2 teenage boys..... Keep you posted.

A promised one of Jamie's recipes – pukka innit, gonna taste delish (what was I saying about the English language?).

Parsnip and pancetta tagliatelle

Ingredients

12 slices of pancetta or dry-cured smoked streaky bacon, preferably free-range or organic
1 handful of fresh rosemary, thyme or summer savory, leaves picked
4 good knobs of butter
2 cloves of garlic, peeled and finely sliced
2 parsnips, peeled, halved and finely sliced lengthways
455g dried tagliatelle
3 good handfuls of grated Parmesan cheese
sea salt and freshly ground black pepper

Method

In a large, non-stick frying pan, fry your pancetta & herbs in half the butter for 2 mins, then add the garlic & parsnips. Cook for a further 3 mins on a mid heat, until the pancetta is slightly golden & the parsnips have softened. Cook your tagliatelle in salted boiling water according to packet instructions, then drain, reserving a little of the cooking water. Mix the pasta with the parsnips/pancetta & stir in the rest of your butter & the Parmesan, adding a little of the cooking water to loosen the mixture & make it creamy & shiny. Season to taste.

Finally, having a BBQ? We have some ready made packs online if you want to order one – see the online shop via the website below.