The Old Dairy
Real Food Sourced Locally

MAY 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
Asparagus	No Spray	Ash
Leeks	No Spray	Ash
Cauli	No Spray	Wingham
Cherry Toms (lrg only)	No Spray	Walmerstone
Cucumber	No Spray	Walmerstone
Apples		Maidstone

I did manage to find some asparagus from our smaller producer, and as it was quite cheap I have included it this week. I have to be honest and say it is not the best I have seen, but as I well know looks are not everything.

As we move in to season I plan to maintain a core of veg in the box rather than go wholesale in to salads. I shall include some salad items but not in a majority way or every week. If you do not want any salads but prefer veg only let us know. Having said that we are some 6-8 weeks away from the new season carrots/beet etc so we will see how this pans out. Plenty of leaf veg is now available so that will also figure strongly.

We have got quite a few joiners recently – welcome – so I thought I would just mention that we have plenty of other products available for delivery. Not only meat boxes, but eggs, milk and bread and not forgetting our monthly fish box. Full details available on the websites above, or just gives us a call.

This weekend we shall have some cheese, wine and beer on taste in the shop, so please pop in to try. We have sourced some lovely wine from a

vineyard in Meopham, http://www.meophamvalleyvineyard.co.uk/ . It is a very small vineyard and Becca certainly enjoyed their wines when we visited. At one point she was eyeing up the rose with a look that said it was about to disappear. I of course politely used the spit bucket as you would at a professional tasting.

CREAM OF ASPARAGUS SOUP

Ingredients

Serves 4
About 500g asparagus spears
1 onion
1 knob butter
2 teaspoons olive oil
150ml double cream
1 clove garlic
Handful fresh herbs (e.g. chives or parsley), chopped
750ml vegetable stock
Juice of ½ lemon

Method

Wash the asparagus spears thoroughly, to make sure any grit has been removed from the flower head at the top.
Peel the onion and chop roughly. Peel and crush the garlic.
Melt the butter in a large pan with the olive oil (this stops the butter burning). Add the onion and garlic and sauté gently for 5 minutes.
Chop the asparagus spears into 2 inch chunks and add to the pan. Continue to sauté for a further 5 minutes.
Add the stock. Cover the pan and simmer gently for 5-10 minutes, until the asparagus is soft.
Liquidise until smooth. You can sieve the soup, if you want a smoother texture.
Add the lemon juice and the herbs and mix well. Season with salt and pepper to taste.
Then add the cream and reheat gently before serving.