



MAY 2010

Week 3

Newsletter

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

Name	Method	Source
Potatoes	No Spray	Tenterden
Cauli	No Spray	Ash
Peppers	No Spray	Walmestone
Chard	Organic	Wye
Toms	No Spray	Walmestone
Rocket (not small)	Organic	Wye
Apple	No Spray	Maidstone

The box has a salad feel this week as more crops are coming on from the greenhouses. Somewhat timely as the weather appears to be warming up this weekend. We are going to go in to a 3-4 week gap on veg now as the winter crops finish, but the new season crops are not yet ready. I was speaking to one of our farmers this week who says his broad beans are still 2 weeks off; it seems everything is 3-4 weeks away. Having said that, I was pleased to get the first of a crop of peppers grown at Walmestone this week.

As you know, all our crops come from smaller growers where the use of chemicals in production is negligible. There was, however, a disturbing report from the US about how organophosphates (used in pesticides etc) have been linked in a study to ADHD (attention disorder) in children. The study concludes that there is a significant increase in incidents of ADHD in children who showed higher levels of OP in their system. Whilst saying that more work needs to be done before a ban, the authors are 'urging' parents to wash all veg thoroughly before consumption. The article also notes that OPs were first developed as neuro-toxins in chemical warfare (Sarin is an OP), that we now spray on our foods...

The full article is www.reuters.com/article/idUSTRE64G41R20100517

I think it is revealing that OP's are banned from being used in the home and that there are many articles saying how much it would cost to ban them. Always a good sign that the users are worried there is evidence for a ban. It will be years though, due to the money of course.

I have put a recipe below for stuffed peppers which seems to me to be the first thing that anybody thinks of when deciding how to cook them.

Peppers – Get Stuffed

Ingredients:

4 large green peppers
1 medium onion, chopped
2 cloves of garlic, crushed
4 oz (112g) long-grain rice, cooked
8 oz (225g) tomatoes, chopped
2 sprigs of parsley, chopped finely
4 oz cheddar cheese, grated
2 oz (56g) butter
1 tablespoon olive oil
Salt and pepper

Method

Cut a slice off the top of each pepper, remove centre core and seeds. Brush each pepper on the outside with the olive oil and then stand the peppers upright in an ovenproof dish. Melt the butter in a saucepan and fry the chopped onion gently. Add the tomatoes, rice, parsley, salt and pepper and combine. Pile the mixture into the pepper shells. Top each pepper with grated cheese. Bake for 30-40 minutes in a pre-heated oven at Gas Mark 4 (350°F/180°C) until the peppers are tender. Serve hot.