



# MAY 2010

## Week 4

## Newsletter

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

<b>Name</b>	<b>Method</b>	<b>Source</b>
Potatoes	No Spray	Tenterden
Cabbage	No Spray	Ash
Cherry Toms	No Spray	Walmestone
Stir Fry Pack	Organic	Wye
Asparagus		East Sutton
Rhubarb (Lrg only)	No Spray	Ash
Little Gems	No Spray	Maidstone

We really are in salad mode at the moment as the final winter veg disappears. Leeks, carrots, beet, parsnip are all finished now, and the new crops of these are a few weeks away. We will switch back to mainly veg as they come online, as everyone seems to prefer veg to salads; but we will slip in the odd salad item as they come along. Of course the weather has taken a bit of cold turn just as I get the salad in the box...

We have also started to get some soft fruit in, with the strawberries. At the moment these are too expensive to put in the boxes, and I do find that the price does not really work with the small/medium boxes. As in previous years we will be offering a **summer fruit extra** that will run for June – August. This will be £2/week and will mean that you will get a punnet of soft fruit each week, one off strawberry, raspberries, blackberries or blueberries. If the fruit is in the box then we wouldn't put a second punnet in. If you would like to get the summer fruit extra let us know asap please, call or email.

I have put a recipe below for the asparagus. I have to say I wouldn't blanch them first. I like them raw so a bit of tendering from the pan would be enough. A simple recipe which is always best for asparagus I think. As mentioned last time, it is one of the few veg that apparently

makes your urine smell if you eat it. I haven't noticed this – for me I mean, I haven't done a survey – but Becca tells me the effect is more than noticeable for her. We all declined the offer to check for ourselves.

## **Asparagus, mozzarella & prosciutto parcels**

### **Ingredients**

16 asparagus spears, trimmed  
125g ball mozzarella, sliced into 4  
8-12 slices prosciutto  
3 tbsp olive oil  
1 tbsp red wine vinegar  
a small bunch basil, finely shredded  
salad leaves to serve

### **Method**

- Blanch the asparagus for 2 minutes then refresh under cold water. Cut each mozzarella slice in half and sit both pieces on top of 2 spears of asparagus. Top with 2 more spears then wrap the asparagus in prosciutto so the mozzarella is enclosed (you will need 2 or 3 strips).
- Heat a little olive oil in a pan, then carefully fry the parcels until the prosciutto has crisped and the mozzarella oozes.
- Whisk together the olive oil and vinegar and add the basil. Serve each parcel with salad leaves and a little dressing drizzled over.

Finally just to mention that next month is a 5 week month so therefore your charging will reflect this. Also, a reminder to leave out your boxes and bags, and also give us plenty of notice for holidays. We do not want to have to charge you for a late notification if we can, but as more go on holiday late notifications can be a real problem.