

Summer Fruit Extra - £2/week – please call.



# JUNE 2010

## Week 2

## 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
Spring Cabbage	No Spray	Ash
Broad Beans	No Spray	Ash
Chard	Organic	Wye
Toms	No Spray	Walmestone
Mushrooms	No Spray	Fawkham

Finally we have got the broad beans in, one of my 'fava'-rite veg. I remember the big old beans that were probably 2 weeks old, with skins like leather. I think you will find these are much sweeter and with an easier skin. They are one of the older veg, used by early farmers as much as 6000 years ago to provide winter ground cover and as nitrogen fixing plants long before fertilisers. Makes you wonder how they knew, trial and error I suppose. Sorry the promised new potatoes are next week; I forgot them!! Cannot believe it when we are waiting for them, sorry... definitely next week.

We start with our new pork supplier this week – Roundwood Orchard from Meopham. On this Saturday we will have various sausages etc on taste in the shop all day, as well as some discounts etc so please come along to try.

Fish box next week as well – please let us know if you want one and are not booked in.

Becca tells me that her favourite meal is some form of risotto, so much so that she cooks it for herself. Well this is a real step up for her from beans on toast so I have dug this out just for her. Have fun...

01622 861113 **Please return your bags & boxes!!!** [www.kentvegbox.co.uk](http://www.kentvegbox.co.uk)

Summer Fruit Extra - £2/week – please call.

### **Broad Bean Risotto**

Serves 4 as a main dish

2 medium onions, chopped

2 cloves garlic, crushed

200g arborio (risotto) rice

250g skinned (or podded) broad beans

1 litre of vegetable stock (use your favourite)

150ml white wine (if you have any open)

75g grated parmesan cheese (Cheddar will do, if you don't have parmesan)

1 lemon (juice and grated zest)

1 tbsp fresh thyme (or other favourite herb)

1 knob of butter

Drizzle of olive oil

### **Method**

Break the broad beans out of their pods and put the beans to one side.

Melt the butter with the olive oil in a large, thick-bottomed pan.

Add the onions and garlic and stir. Cover and cook on a low heat for 5 minutes, until the onions start to turn translucent. Note: You don't want the onion to go brown.

If using unshelled broad beans (still in their pale green skins), cook them in boiling water for 5 minutes. Drain.

Back to the onions: add the risotto rice and stir it well, to gently coat each grain with the oil. Cover and cook on a low heat for 5 minutes.

Add the white wine and thyme to the rice mixture. Turn up the heat and allow it to simmer until almost dry.

Add the stock about 1/4 at a time. Each time you add, stir well and leave to simmer, uncovered, until the liquid has almost evaporated.

Continue this until the rice is "al dente" - soft, but with a little bite.

Add the broad beans and lemon juice. Mix well and cook for a 2 mins

Finally, mix in the grated parmesan cheese.

Serve with any fresh, green salad or vegetables.