

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



JUNE 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
Primo Cabbage	No Spray	Ash
Baby Beet	No Spray	Ash
Lettuce (not in small)	Organic	Nash
Stir Fry Pack (Lrg Only)	Organic	Wye
Toms	No Spray	Walmestone
Broad Beans	No Spray	Ash
Cucumber	Organic	Nash

A full letter this week as I am back in the fold, much to Becca's pleasure.... Whilst at Walmestone last week I was talking to Steve Parsley (real name, wouldn't be great if his partner was called Dave Sage) about the greenhouse crops. He was saying that they have a rabbit in the greenhouses that is doing a fair bit of damage to the peppers over night. I thought well how much can one rabbit do? Apparently the rabbit only likes the tips of the peppers so goes down the line biting all the points off. Get the gun...how annoying is that? I did think of getting them cheap for you lot (the peppers not the rabbits), but thought that really is a step too far.....isn't it? I would have to get that rabbit I am afraid, and could see myself losing it and letting the gun off continuously, probably doing more damage that the rabbit!

The new season veg has started, with the baby beetroot. Next week baby carrots most likely. I have got a recipe below for the beets, but remember you can use the leaves as a leaf veg like chard if you want. In Roman times beet was used as a fever reducer and a laxative. Seeing as I assume you cannot choose which benefit you would like; it may not be that good if you take it just for flu and end up having to get up a lot if you follow me. Unless of course the fever reducing effect comes from

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taking the beet orally, and, well, let's just say the laxative method works from a different point of the compass..... I think I'd just suffer, especially in winter when the beet can get eye-wateringly large; you'd probably need a cricket bat to get those babies home! Mmmm time to move on (no pun intended). There is a beet lover's website, www.lovebeetroot.co.uk, but I have not had the nerve to look at it in case I stumble across the medical instruction pages.

As I mentioned last week we are offering some speciality breads from The Blackthorn Trust www.blackthorn.org.uk. I have put some more details in the box this week, as many of you asked for them... Let us know if you would like a loaf added to your box each week.

Now on to the beet recipe, simple and easy I think.

Baby Beets with Lemon and Herbs

Ingredients

4-5 baby beetroots
1 lemon rind and juice
25g butter
1/2 red onion finely sliced
1tsp freshly coarsely chopped herbs e.g. coriander
1 pinch caster sugar (1/2tsp)

Method

Prepare the beetroot, trim the leaves, cut off the stalks above the root to leave at least 1". This will prevent the beetroot 'bleeding' during cooking.

Wash the beetroot gently under cold water and be careful not to damage the skins.

Place in a pot of boiling water and cook for 20-25 minutes approximately. Cooking time will vary with the size of the beetroot.

When cooked peel off skins and either keep whole or cut into chunks.

Melt the butter in a pan, add the finely sliced red onion, cook for 1-2 minutes then add the beetroot, lemon zest and juice and 1/2 dsp freshly coarsely chopped herbs.

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