

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



JUNE 2010

Week 5

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
Courgette	No Spray	Ash
Chard	Organic	Wye
Spring Onions (Lrg Only)	Organic	Wye
Mixed Salad (not in small)	Organic	Wye
Toms	No Spray	Walmestone
Calabreze	No Spray	Ash
Cucumber (not in small)	Organic	Nash

I was going to leave out the toms this week but Steve at Walmestone has bit of a surplus and phones me and reduced the price.... I find it hard to refuse a bargain, and hence they are in again this week. It has meant that I am able to get more in the boxes this week, including calabreze which is a rarity in Kent; certainly from smaller growers. It is a bit pricy, but the cheap toms paid for it. I was hoping for carrots this week but the lack of rain has meant they are quite small so next week if we get a bit more rain.

Raspberries are the summer extra this week, but cherries next week. As the old lags on here will know I am bit of a pig for cherries, and Becca has to ration me during the cherry season otherwise I start to resemble one. Indeed I do look like a naughty five year old with stained lips where I have overindulged. Rest assured I do not rob them out of the boxes though on the rounds. In fact the last box loaded on the van is my snack box of goodies from the shop to keep me going. This time of year it is mainly drinks, but without doubt a serious amount of cherries will be on the back next week.

01622 861113 **Please return your bags & boxes!!!** www.kentvegbox.co.uk

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Thanks to all of you that have ordered the Real Bread from Blackthorn Trust. It has gone really well and we have some great feedback. Give us a ring if you would like some.

Have a put a great sounding recipe below for the courgettes. Within a few weeks I will have every producer phoning me offering me cheap courgettes. They are easy to grow and have a high yield so they are smallholder's favourites. For me they are ok but not my favourite veg it has to be said. Maybe the muffins will change my mind.

Courgette & Mozzarella Muffins

2 large eggs	100ml cold milk
25ml olive oil	2 tsp caster sugar
1 tsp salt	1 tbsp chilli flakes
1 small onion, finely chopped	1 handful flat-leaf parsley
3 or 4 slices cooked smoked ham, chopped small	
275g mozzarella (drained weight), cubed	
1 large courgette (about 275g), grated	
275g plain flour	3 tsp baking powder

In a large bowl, beat the eggs well, then stir in everything except the flour and baking powder, and mix until evenly amalgamated. Place muffin papers in the pockets of a 12-hole muffin tray and heat the oven to 200C (180C fan-assisted)/390F/gas mark 6.

Sift the flour and baking powder into the mix in the bowl, fold through gently, then spoon into the prepared cases almost to the top. Bake for about 25 minutes until puffed and golden.