



## July 2009 Week 2 Box Contents

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

<b>Name</b>	<b>Method</b>	<b>Source</b>
New Potatoes	Organic	Nash
Carrots	No Spray	Ash
Cherries (not in sml)	Organic	Marden
Lettuce (Lrg only)	Organic	Nash
Romanesque		Ash
Broad Beans	Organic	Bean
Tomatoes	No Spray	Lyminge

For those of you new to the scheme you may not have come across a Romanesque before. It is a cauli/broccoli cross and you cook it like a cauli. The spiral design of the florets is intriguing and if you look too closely you'll be hypnotised!

I was watching Countryfile at the weekend on BBC; so much easier to see it now it has moved to Sunday night. They had a big story on dairy farms and the state of the UK dairy cow – oh dear. You can get plenty of information online, but suffice to say that they are treated as machines by an industry that is in a state of collapse due to the cheap price of milk. The average Holstein cow has now been described as 'skin covered coat racks' as their milk production strips the muscle from their bodies. Their average life span is 4-7 years, compared to a normal 21. Male calves are generally shot as they are not able to produce beef. If they are lucky(?) they are sold off to the veal trade. Nowadays a significant number of cattle never see grass outdoors. To be honest we cannot compete on the price of milk. We are about £1.45 for two pints and Tesco are 86p (btw the farmer gets about 40p, our farmer gets about 80p ). The difference, if you think about

it, is small to your purse but massive to the cow. 30p a pint actually. Our supplier's cows are outside, grass fed. The milk is not homogenised either – much better for you, have a look online. I have to say that the work in this area is not conclusive, but there is compelling evidence for a link between homogenised milk and heart disease. You even get a bit of cream on the top in our semi-skimmed; do you remember trying to get their first for the cream? 30p a pint makes a big difference I can assure you.

I have pinched a Jamie Oliver recipe here for his oven roasted cauli, and substituted in the romanesque.

### **Roasted cauliflower with cumin, coriander and almonds**

1 head of romanesque , outer green leaves removed, cut into florets  
sea salt  
olive oil  
a knob of butter  
2 teaspoons cumin seeds  
2 teaspoons coriander seeds  
1-2 dried red chillies  
a handful of blanched almonds, smashed  
zest and juice of 1 lemon

Preheat your oven to 200°C/400°F/gas 6. Blanch the romanesque in salted boiling water for a couple of minutes then drain in a colander, allowing it to steam dry (you don't want any water left in your cauliflower or it won't roast properly). Toss it in a good glug of olive oil and the butter. In a pestle and mortar, bash your spices and chillies with a pinch of salt, then mix them with your almonds and put in a hot, dry ovenproof pan to slowly toast them. After a couple of minutes, add the romanesque. When it gets a nice bit of colour on it, add the lemon zest and juice and mix around well. Fry for about a minute longer then pop the pan into the preheated oven for about 15 minutes to crisp up.

**REMEMBER TO BOOK YOUR SUMMER HOLIDAY PLEASE**