



## July 2009 Week 3 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
Spinach	Organic	Wye
Carrots	No Spray	Ash
Lettuce (Lrg only)	Organic	Nash
Cauli		Ash
Courgette	Organic	Bean
Cherry Toms (not sml)		Nash
Green Onions	Organic	Wye

I watched 'What's really in our Food' on BBC1 this week and it served up the usual horror stories across the food spectrum. The was quite a focus on meat and showed how the meat is adulterated to make it more cost effective. It also reported on large scale fraud in the food industry as firms under cost pressure cheat to stay in business. I am not sure it is a series but some of the stories were quite disturbing. Worth catching.

Becca and I are off today for our annual trip to Huge Firmly-with-a-stool. This year we are attending his annual party as well as visiting some gardens in the Dorset area. It looks like the weather could be interesting – we shall see. I hope Becca doesn't embarrass me again. I didn't mind the loud laughter last time but stalking Hugh after a few stinger ales was a bit embarrassing, no wonder hr left early...

We are also visiting one of his cafés as well as a trip to Riverford. The plan there is to take a trip around their box scheme facilities for a tour to see how they do it. I don't think we are quite able to offer tours of our box scheme facilities yet. If you wanted to go into the sheds on a Thursday you

can see Julie organising the packing and swearing at Becca and I to get out of the way. Not much for you to see! It will be interesting to see how Riverford work and how much of their food comes from the farm and how much is imported. I know they recently bought a farm in France the supply their boxes. A different world to us, but one day, maybe?

A quick recipe for your courgettes

### **Creamy Courgette Lasagne**

- 9 dried lasagne sheets
- 1 tbsp sunflower oil
- 1 onion , finely chopped
- 700g courgettes (about 6), coarsely grated
- 2 garlic cloves , crushed
- 250g tub ricotta
- 50g cheddar
- 350g jar tomato sauce for pasta

### **Method**

Heat oven to 220C/fan 200C/gas 7. Put a pan of water on to boil, then cook the lasagne sheets for about 5 mins until softened, but not cooked through. Rinse in cold water, then drizzle with a little oil to stop them sticking together.

Meanwhile, heat the oil in a large frying pan, then fry the onion. After 3 mins, add the courgettes and garlic and continue to fry until the courgette has softened and turned bright green. Stir in 2/3 of both the ricotta and the cheddar, then season to taste. Heat the tomato sauce in the microwave for 2 mins on High until hot.

In a large baking dish, layer up the lasagne, starting with half the courgette mix, then pasta, then tomato sauce. Repeat, top with blobs of the remaining ricotta, then scatter with the rest of the cheddar. Bake on the top shelf for about 10 mins until the pasta is tender and the cheese is golden.