



July 2009 Week 4 Box Contents

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

Name	Method	Source
New Potatoes	Organic	Nash
Chard	Organic	Wye
Cauli		Cliffe
Marrow	No Spray	Ash
Peas		Cliffe
Courgette	Organic	Bean
Toms (not sml)		Nash
Blueberries		Lenham
Blackberries (Lrg only)		East Malling

A quick note to say that I have managed to put caulis in the box 2 weeks running. This is especially a crime with so much other veg available at the moment. My only excuse is that I am still fuddled from our trip to River Cottage; but I suspect not as much as Becca, but more of that later.

Firstly I thought I'd mention our trip to Riverford, our big boy rivals in the box scheme world. We had a good tour of the farm and a fantastic lunch. The tour leader was excellent and we saw fields of various veg etc, but it came apparent to Becca and I that the farm was just not big enough. Riverford sells 50k boxes a week. The farm was 200 acres for food and it is obvious that most of their food is imported. I know this not because I can calculate yields per acre but that there were 4 HGV trailers in the car park! Not very eco that is for sure, but they say they are local and organic.

As I mentioned last week, Becca and I went to Huge Firmly-with-a-stool last week for their annual party, and very good it was to. Now, what goes

on tour stays on tour but suffice to say Hugh left about 10pm just after speaking to us. I don't think they are connected but Becca was several glasses of Chablis and ½ a rough cider in by the time he came over, and she was definitely on a mission to have a word in his ear, all about visiting us I suspect. I think he saw the signs and bolted. Lucky man. I believe he must know the signs of someone who cannot drink cider. Becca spent the rest of the evening scouring River Cottage HQ for him, what fun!

A recipe for Cauli & pea Quiche:

INGREDIENTS

plain flour for dusting	1 x 375g pack ready-rolled shortcrust pastry
1 cauliflower cut into small florets	1 handful peas
100g unsmoked bacon cut into strips	
½ white onion peeled and finely sliced	
3 large eggs	1 x 284ml carton double cream
175g finely grated mixed gruyère and parmesan	
2 tbsp chopped fresh chives	freshly grated nutmeg
salt and black pepper	

METHOD

You will need a 23cm fluted-edge tart tin, about 4cm deep with a removable base. Using a lightly floured rolling pin, roll out the pastry to about the thickness of a pound coin, slightly thinner if you can. Line the tart tin with the pastry, pushing it into the edges firmly, then trim off the overhanging pastry and put the base into the fridge to chill for at least 30 minutes.

Preheat the oven to 200C/180C fan/400F/gas 6. Line the pastry case with baking parchment and fill with baking beans. Bake in the oven for 10-12 minutes until the pastry is slightly colouring, then remove beans and parchment and let it have another couple of minutes – don't let it colour too much. Remove the pastry case from the oven and turn the temperature down to 170C/150C fan/325F/gas 3.

Put the cauliflower into a steamer and steam for 5-7 minutes, then remove and put to one side.

Cook the bacon in a dry pan, allowing to colour just slightly but don't get too crisp. Add the onion and cook until softened.

In a mixing bowl, combine the eggs, cream, cheese, chives and nutmeg with a good grinding of pepper and a pinch of salt. Add the cauliflower, peas, bacon and onion and stir together until all is well coated. Take care to keep the cauliflower in florets.

Pour the mix into the pastry case and bake in the oven for 25-30 minutes – the pastry should be golden and the filling should shake a little; it continues to set once out of the oven so leave for 10 minutes before tucking in.