

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



JUL 2010

Week 1

Newsletter

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

Name	Method	Source
Potatoes	No Spray	Tenterden
Fennel	No Spray	Ash
Peas	No Spray	Cliffe
Tomatoes	No Spray	Walmestone
Spring Onions	No Spray	Ash
Peppers	No Spray	Walmestone
Lettuce	Organic	Nash

Peas have just come in from a small farm near Cliffe, which is one of the few places that are not hovered up by Birds Eye. I would recommend chilling them and using them asap as they do lose some sweetness as they get older, but not as much as Captain BE would have you believe; what does a salty sea dog know about veg eh? Interestingly (no, really) they contain more protein than egg, but have a lot less fat. I have to say they are my favourite veg. Cheesy peas.....mmmm (stuff the fat). The fennel are a bit small – due to the lack of rain, but remember you can use the feathery leaves as well. To cook with I mean not as a duster!

Speaking of favourites, I am now writing this (late) on Wednesday and have already consumed a large amount of cherries. Ok, honestly? Best part of a kilo. Becca knows that I do start to resemble a cherry at this stage, but I do not care. We get our cherries from Brian Piper – County Show winner – near to the shop and each year it is great to meet up again and chew the stone with Brian about what the season is going to be like and the latest cherry gossip. And there is plenty of it let me assure you. The crop is looking good this year despite the dry weather and the sunburst variety that we will get in a week or two are coming on nicely. They are the best when really black, cannot wait for them.

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Cherries are the fruit extra this week for those who have ordered some.

It is fish box time next week and it is good to see so many people still on the scheme. We have more or less got to grips with the new supplier, and whilst Griggs were great they were quite difficult to deal with logistically. Eddie Gilberts have been brilliant in preparing the box for us. If you would like a fish box please give us a call or go to the website and you can order online. As you know it is impossible for me to say what will be in the box as it is entirely dependent on the catch bought in. I am hoping for some shellfish this month though...

Recipe time! This dish is simple to do but tasty. The cream will really help with the flavour, but I cannot help but think adding a generous helping of cheddar or stilton to the sauce just before serving will really up the ante. As you all know I really think most veg is enhanced with the addition of cheese; and my waistline does point out my preference.

Creamy Peas & Spring Onion

200g baby onions or shallots	Enough peas for 4 people
100ml double cream or crème fraiche	
1 level dessertspoon corn flour	teaspoon honey
teaspoon freshly grated nutmeg	1 tablespoon olive oil

Method

Peel the onions and trim the roots. chop in half.

Heat the oil in pan and sauté for about 10 min, until the onions are soft

Add the peas and 50ml water. Cover and steam for 5 minutes, or until the onions are soft.

Mix together the cream and the nutmeg and honey (if using) (*Cheese it here if need be – and heat through until the cheese melts*).

Remove the peas and onions from the heat and add the cream sauce.

Mix well. Season with salt & pepper to taste. Serve warm.

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