



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
Stir Fry Pack	Organic	Wye
Beet	No Spray	Ash
Courgettes	Organic	Wye
Cucs	Organic	Nash
Toms (not small)	No Spray	Walmestone
Calabreze	No Spray	Ash

Another dry week, although there are some welcome showers around Kent as I write. A mixed bag of veg and salad this week, and next week promises to be more changes with Patty pans, Romanesque and red onions making an appearance. Can't wait for the squash to be honest.

Thanks to all of you who came up and said hello at the County Show, it is always nice to meet the customers face to face. For anyone there about 4pm on Friday I apologise for Becca's colourful and somewhat 'military' language. Whilst having the stand blow away and hot tea over you is bit of a shock, I don't think that is really an excuse to use such words; some of which were new to me. The wind destruction was made worst because some "xxxx" had tied the guy rope to the stand table and that took off as well. I leave you to work out who the 'xxxx' was, but don't think too hard.... By Saturday composure had returned and we were as professional as can be. Hello as well to our new customers from the show, thank you for taking a chance on us, I am very confident you will not be disappointed

As I mentioned last week the fruit boxes are up and running; thanks to those who have signed up. For those of you with a fruit box, or a 'fruit extra' I do think you will like the cherries this week. They are called

Kordia and are certainly the best looking cherry I have seen; wonderful and dark. They have a great taste and the odd one is really sweet. I have just eaten about a Kilo I reckon and my face now resembles a 4 year olds after a messy tea. Not pleasant to watch I am sure but sometimes you have to let your animal side go and gorging on cherries does it for me. What a saddo...

Don't forget if you want a fruit box just give us a call/email and we will sort it out for you.

Recipe time for the beet. They have got big quick this year, a deluge of rain at the wrong time and the root sucks it up like a sponge. The farmer rubs his hands though as the y are sold by weight.... Last year we tried a beet cake recipe and the feedback was less than favourable. Undaunted we try again, with Can't Beet Cup Cakes (oh dear). You can ice these as you see fit, but the original recipe uses a coconut and lime. Doesn't grab me I must say. You can make the beet puree buy boiling for 5 mins, removing the skins by rubbing off, and using a blender with a little water until smooth. Feedback please!

Can't Beet Cup Cakes

Ingredients:

3/4 cup beet puree	3/4 cup sugar
3/4 cup flour	1/2 cup cocoa
1/2 cup canola oil	1/4 cup milk
1 teaspoon plain yogurt	1 teaspoon baking powder
1/2 teaspoon baking soda	1/2 teaspoon balsamic vinegar
1/4 teaspoon salt	2 eggs, at room temperature

Directions:

Preheat oven to 160. Grease or line 12 wells in a cupcake pan. Whisk together the dry ingredients. Set aside. Mix together the oil, yogurt, beet puree, vinegar, milk and eggs. Slowly add the dry ingredients. Mix thoroughly. Fill 2/3 of the way full. Bake for 15 minutes or until a toothpick in the centre of the centre cupcake comes out clean. Cool on a wire rack before icing.