



## AUGUST 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
Carrots	No Spray	Ash
Chard		Wingham
Peppers	Organic	Nash
Runner Beans	Organic	Nash
Apples		Maidstone

It is good to see the apples back again. They always signal to me a new phase in the season as we start to get more autumn fruit and veg in. I am not a great fan of the early apples, I find them a bit woolly, but we should start to get harder varieties through soon. We shall also have some pears next week hopefully. It seems to have been a good year this year for top fruit, with all of our growers reporting heavy crops.

We also have the runner beans in now. These are from Andy Ward at Nash nursery near Sandwich, and they look really nice. Andy always produces great crops so I have done a recipe for these below.

### **GARLIC RUNNER BEANS**

#### **Ingredients**

Serves 4 as a side dish

300g runner beans

200 g butter beans (or cannellini), either rinsed from a can or defrosted from previously cooked, frozen beans

1 medium onion, peeled and chopped

2 garlic cloves, peeled and crushed  
4 medium tomatoes, peeled and chopped  
15ml olive oil or sunflower oil  
100ml white wine (optional - add 100ml water, if not using the wine)  
1 tablespoon balsamic vinegar  
100ml vegetable stock (or water plus 1 stock cube)  
1 level tablespoon cornflour  
1 tablespoon fresh parsley and chives, chopped  
salt & pepper to taste

**Method**

1. Gently heat the oil in a large pan and add the onion and garlic. Stir well. Saute, covered, for 5 minutes..
2. Add the tomatoes, chopped
3. Cook gently until the onions are soft.
4. Wash the runner beans and trim the ends. Then slice them into 2cm chunks.
5. Add the runner beans and butter beans (or cannellini), with the wine, balsamic vinegar and stock. Stir well. Simmer, uncovered, for 5 to 10 minutes, until the runner beans are soft.
6. If your sauce needs thickening, use the cornflour: mix it with 2 tablespoons cold water and then stir quickly into the runner bean mixture.
7. Add the herbs and taste before seasoning with salt and pepper (the stock cube may already have quite a lot of salt in).