

Fruit Boxes now from £8/week. Pls call/email



AUG 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
Cabbage	No Spray	Ash
Carrots	No Spray	Ash
Spinach (not small)	Organic	Wye
Broad Beans	No Spray	Cliffe
Fennel	No Spray	Cliffe
Courgettes	Organic	Wye

Over the next few weeks we will start to get some sweet corn and squashes coming through into the boxes. We are also adding local plums and apples to the fruit boxes. They come from Keepers nursery, and there will be many different varieties of apples of the next few weeks.

We have also decided to make a change to the way the boxes are constructed. As you know we have a 'fruit extra' for the summer, at £2/week, that means you get some summer fruit in your box; we also have the fruit boxes. In order to get a full range of veg in your boxes we have been looking at a price increase; which there hasn't been for the past 18 months or so. What we have decided to do is to make the veg box just that, veg & salads only. This means that we do not have to put a price increase through. The veg box will not, therefore, contain fruit and if you do want some fruit then you can ask for the £2 fruit extra, which will last all year, to get an item of LOCAL fruit every week; whilst in season. If you want you can also, obviously, order a fruit box. Whilst this means that there will not be any fruit in the standard veg box, it does mean that we can refrain from putting up the prices by allowing you to choose a fruit option. I hope this is ok for everyone; it just seemed to us the most equitable way of getting more veg in to the box

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without price increases. If you currently get a fruit extra then we will contact you at the end of September to see if you wish to continue with it. If you wish to start with a fruit box or extra please let us know.

This is the last of the broad beans now, so a final recipe for them. I think that you could adapt this by adding onions at the start of the pan cooking and some tomatoes when you put the beans in. Not any cheese adds to this dish, but I would always be tempted to add a dusting of grated cheddar at the end as well!

Pan fried Broad Beans & Potatoes

Ingredients: Serves 4

600g of broad beans (the greatest part of the weight will in fact be pod)
450g of new potatoes
40g of butter
large pinch of mint
salt and pepper to taste

Cooking Instructions:

1. Wash the new potatoes cutting them in half then introduce them to boiling water with half the mint, keep them simmering for 15 minutes or until tender, then drain.
2. Introduce the beans (having discarded the pods) to a pan of boiling water, leave to simmer for 6 minutes, then drain.
3. Put half the butter into a large non-stick pan, melt then add the potatoes with some pepper.
4. Gradually increase the heat until the potatoes start to brown, add the beans and cook for a further 5 or 6 minutes stirring continuously to avoid sticking or burning. Taste the potatoes and beans to ensure ready then serve whilst hot.
5. Put the food in a warm serving bowl, add the butter to the top allowing it to melt into and garnish with the remaining mint.