

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
Cauli	No Spray	Ash
Carrots	No Spray	Ash
Salad Bag (not small)	Organic	Wye
Patty Pan Squash	Organic	Wye
Black Kale	Organic	Wye
Cherry Toms (not small)	No Spray	Walmestone
Peppers (not medium)	No Spray	Walmestone

We have finally got some patty pan squashes in the box – the yellow flying saucers. They are a great tasting squash – closer to a courgette actually than a true winter squash. I have put a recipe below. Also there is my favourite kale – black kale or cavolo nero. Not quite as tough as normal kale and with a lighter flavour. You can cook this as you would other leaf veg.

I am repeating below the changes to the box from last week for those who were away:

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

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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 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 a very simple recipe to use up the squash. In fact you can add other veg cut into chunks as well, just remember that these squash do not need quite the roasting time of other 'harder' veg.

Oven Roasted Patty pan squash

1-2 patty pan or other summer squash, cut into 1-inch chunks

1 shallot, sliced thin

1 teaspoon chopped fresh thyme

1 tablespoon olive oil

Pinch of sea salt

Preparation:

Preheat oven to 400°

Toss squash, shallot, thyme, olive oil and salt together in a bowl.

Spread onto a sheet pan. Bake 15 minutes, until tender. Serve hot or room temperature.

Serves 4

Finally just a note to say that it is fish box time next week, so if you would like one and are not already booked in please let us know asap. You can give us a call, email or buy one online.

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