

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



## AUG 2010 Week 3 Newsletter

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

<b>Name</b>	<b>Method</b>	<b>Source</b>
Potatoes	No Spray	Tenterden
Cabbage	Organic	Wye
Carrots	No Spray	Ash
Beet (not in small)	No Spray	Ash
Marrow	No Spray	Ash
Toms	No Spray	Walmestone
Onions	No Spray	Ash
Stir Fry Pack (Lrg only)	Organic	Wye

Another holiday week has passed so it will not be long before the kids are back at school and life returns to some normality. I will, at least, have some food in the fridge when my 2 teenage boys go back to school.

Looking ahead I am just waiting on the sweetcorn to come long and also we have seen the first autumn squashes appear, although not in the quantities needed to go in the box. Hopefully in a week or two. The winter squash are my favourite for sure, cannot wait for them Generally people only know butternut, but we have many more types available such as little gems, mexican hats and red kuri. Now these, to me, sound like a paint range. Or a range of contraceptives? Either way (Dulux or Durex) they are still my favourites.

The marrows are massive. Not an opening line from a prog rock song, but actually a statement of fact. I have put a recipe below for marrow because, to be honest, my heart sinks a little when I see them. I guess we all remember the watery veg from school that had less taste than the

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water it was boiled in. As this recipe bakes the marrow my hopes are lifted – feedback please! **BAKED STUFFED MARROW**

## **Ingredients**

1 short thick marrow, about 900g  
40g butter  
1 onion, chopped  
2 celery sticks, chopped  
1 garlic clove, crushed  
600g tomatoes – skins off if you prefer, chopped  
3 tbsp shredded fresh basil  
50g fresh white breadcrumbs  
25g mature Cheddar, finely grated  
salt and freshly ground black pepper  
fresh basil to garnish (optional)

## **Preparation method**

- Preheat the oven to 190°C (gas 5). Cut marrow into 8-10 rings, each 1. about 4cm thick. Remove peel, scoop out seeds. Place rings in large, lightly greased ovenproof dish, arranging them in a single layer. Melt butter in saucepan, cook onion & celery for 5 mins to soften.
2. Add garlic and cook for further min. Stir in toms with juice and add with salt/ pepper. Bring to boil, simmer uncovered for 10 mins or until mixture is thick and pulpy. Stir in the shredded basil.
- Lightly season the marrow rings with salt and pepper before spooning the tomato mixture into the hollowed-out centres. Spread 3. any leftover tomato mixture between the marrow rings. Tightly cover the dish with foil so that the marrow will cook in the steam, then bake for 30 minutes.
- Meanwhile, mix the breadcrumbs and cheese together. Remove the foil and sprinkle the crumb mixture over the tops of the marrow 4. rings. Return to the oven and bake for a further 15 minutes or until the topping is golden and crisp and the marrow is tender and juicy. Serve hot, scattered with fresh basil leaves, if liked.