

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



AUG 2010 Week 4 Newsletter

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

Name	Method	Source
Potatoes	Organic	Nash
Sweetcorn	Organic	Nash
Spinach	No Spray	Ash
Runner Beans	Organic	Nash
Courgettes (not small)	No Spray	Ash
Chilli	Organic	Wye
Calabrese	No Spray	Ash
Pears (Fruit Extra only)	No Spray	Ash

I have added a little chilli this week from Ripple Farm, just to make up the budget instead of another potato. It is also good to see the runner beans and sweetcorn in the box, hopefully a few more of these over the next couple of weeks. I know variety has been a little short this summer and I appreciate that you have been quite tolerant. Typically we would have expected sweetcorn and beans some 4 weeks ago, and by now be getting the early autumn crops of leeks etc by the harsh winter and lack of rain have really delayed this. I am hopeful that we should get more variety in over the next 8 weeks.

We have the first pears in now for the fruit extra, and also the fruit box. There are still a bit hard, so leave them a week or so to soften, unless you like a hard pear.....matron. I could resort to more Carry On jokes here, but I resist easily.

Listening today on the radio (5 live – recommended) about GM crops and there was a visit to a research centre producing GM potatoes near Norwich. It always makes me smile to see Norwich as a centre for genetic research. As one of my rugby boys said of his East Anglian holiday “I am worried about being attacked by girls with 11 fingers”. Absolutely unfair (apologies to and East Anglian customers) but it

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makes me smile. So back to the GM potatoes; this report made it sound all rather jolly and straight forward. The positive camp was more or less saying that really all GM is is a short cut to selective genetic breeding that humans have been doing since the dawn of time; no more than accelerated evolution. I have to profess that I do not know enough about it, and on the premise that you lot are as backward (no offence intended to any East Anglians) as me I shall complete some research and educate us all over the next few weeks. We can then form an opinion on fact rather than Daily Mail or Big Business views. I also remember fondly the Woody Allen film Sleeper, where he wakes up in the future. At one point he steals an 8 foot carrot from a 10 foot rabbit. Could that be our future?

Runner beans – I love them. Steamed, covered in slightly salted butter and eaten with the largest spoon you can get in your mouth. I appreciate this is not very sophisticated (no offence East Anglians again) but quite often simple is best (ditto). But as I know we have a somewhat classier clientele I have found a recipe that will meet your high expectations.

Runner Bean Bhajii

Ingredients:

- 20 Runner Beans Chopped in 1 inch lengths
- 5 Cayenne Chillies chopped finely – *or use your chilli!*
- Half an onion finely chopped 2 inches grated root ginger
- 4 cloves garlic sliced 1 teaspoon Garam Massala
- 1 teaspoon cumin powder 2 spring onions sliced
- 2 Tblsp Worcester sauce 1 Tomato quartered
- 5 tblsp chopped coriander leaves Olive Oil

Cooking method for Runner Bean Bhajii

Fry the onion until translucent in the oil. Add the Garam Massala and cumin powder and sliced garlic, grated ginger and chillies. Stir fry for 2 minutes. Add the runner beans and stir fry on a medium heat for 5 minutes, stirring regularly. Add the Worcester sauce and tomatoes and leave to simmer for 2 more minutes then serve with a little pepper sprinkled over, then the coriander and finally the spring onions.