



## SEPT 2009 Week 1 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>
Potatoes	Organic	Nash
Cauli	No Spray	Ash
Carrots	No Spray	Ash
Courgette	Organic	Wye
Calabrese	Organic	Nash
Plums (not in small)		Maidstone
Apples		Maidstone

We have managed just to get enough plums together for one more round in the L/M boxes. The crop was very good this year, compared to last year which you may recall was a disaster. I have also got hold of some rare Calabrese in this week from Nash Nursery. It is a rare to be able to get it in Kent, at least from a smaller grower, so I was chuffed when Andy said he had some cropping now. We bought the lot!

I am also letting you know that we are going to have to move delivery times around. We have lots of deliveries on a Thursday, and not many on a Friday, so we will need to move one of the round to Friday. This will be the Loose/Maidstone/Grove green round. We will move it next week to Friday afternoon. This will help us enormously and will mean David is not fighting Thursday evening traffic in Maidstone.

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We have put 2 new courses on our website [www.lovekentshop.com](http://www.lovekentshop.com) . They are:

11/10/09      Autumn Foraging – Fruits/Roots/Fungi      £65.00  
Trail through the hedgerows getting wild food, and bringing it back to cook and enjoy.

24/10/09      Game Day- Get the Best from Game      £35.00  
Phil from Godmersham Game takes you through the different types of game and how to prepare cook them, followed by a Game Lunch.

You can book both courses at the above site.

Finally a quick recipe

### **Courgette Lasagne**

#### **Ingredients**

9 dried lasagne sheets  
1 tbsp sunflower oil  
1 [onion](#), finely chopped  
700g [courgettes](#) (about 6), coarsely grated  
2 [garlic cloves](#), crushed  
250g tub [ricotta](#)  
50g cheddar  
350g jar tomato sauce for pasta

#### **Method**

Heat oven to 220C/fan 200C/gas 7. Put a pan of water on to boil, then cook the lasagne sheets for about 5 mins until softened, but not cooked through. Rinse in cold water, then drizzle with a little oil to stop them sticking together.

Meanwhile, heat the oil in a large frying pan, then fry the onion. After 3 mins, add the courgettes and garlic and continue to fry until the courgette has softened and turned bright green. Stir in 2/3 of both the ricotta and the cheddar, then season to taste. Heat the tomato sauce in the microwave for 2 mins on High until hot.

In a large baking dish, layer up the lasagne, starting with half the courgette mix, then pasta, then tomato sauce. Repeat, top with blobs of the remaining ricotta, then scatter with the rest of the cheddar. Bake on the top shelf for about 10 mins until the pasta is tender and the cheese is golden.