



SEPT 2009 Week 2 Box Contents

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

Name	Method	Source
Potatoes	Organic	Nash
Cabbage	No Spray	Ash
Sweetcorn	Organic	Nash
Aubergine	Organic	Nash
Tomatoes (not in small)	No Spray	Lyminge
Apples		Maidstone

A fairly standard box this week. The salads have started to finish now so I shall be switching back to more veg in the box. It appears at this stage that we are going to enjoy a late summer, well a week or so hopefully. This is always good for bringing on the autumn crops so we should see those ok. Only problem could be a lack of rain. After July I didn't think we would be saying that, but things have been dry for some time now. One farmer was telling me that he lost the remainder of his broccoli crop as due to lack of rain. Stories like this always worry me about growing our own.

We are looking to expand the area we cover of the box scheme in the next week or 2, so if you know anyone in the Faversham area let them know that we will now cover the town. We are also looking at other areas, more next week.

Things seem quiet on the local food front at the moment. I think everyone is coming back from holiday and perhaps now can turn their minds back to where their food comes from. The economy seems to be heading towards recovery, although nobody wants to say this. I worry about a second fall due to unemployment rising, but hopefully this will not happen.

We have had a local veg box supplier cease this week, Harvest4U. I understand this was a personal decision, but if you know anyone on the scheme let them know we exist!

This is a recipe from Hungary and is a favourite in Transylvania. I always thought that was in Romania, but apparently not.

Lucskos Kaposzta (pronounced 'lutchkosh kaaposta')

500 g of pork with bones (eg ribs)

1 savoy or other white cabbage

2-3 carrots

1 big onion

few cloves of garlic

200 g tomatoes

1 bunch of thyme

1 bunch of dill

METHOD

Put the meat in cold water and bring to the boil, first on high heat, and then when it's boiling turn the heat down and let simmer. Like with all meat-soups, there will be residue that swims to the surface and needs to be removed with a slotted spoon. Remove as much of the residue as possible, then when the meat is half-boiled, add all the vegetables peeled and coarsely chopped (onion, carrots and tomatoes can be chopped in two, garlic whole and cabbage in strips). Then tie the thyme and dill together with a string and put in whole. Season with lots of salt and if necessary some stock. Keep the soup boiling for a long time until all the vegetables and the meat are very tender. Before serving, remove the herbs. Great to eat straight away but even better the next day! Can also be served with sour cream.