



SEPT 2009 Week 3 Box Contents

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

Name	Method	Source
Potatoes	Organic	Nash
Romanesque	No Spray	Ash
Carrots	No Spray	Ash
Beet	Organic	Wye
Patty Pans	Organic	Wye
Strawberries (not in small)	No Spray	Lyminge
Apples		Maidstone

Well I think we can say there is plenty of colour in the box this week. I often think that some meals, particularly with pre-cooked food, can look very brown, always a bad sign. You would struggle to produce a brown meal with this box I think. I remember one of our customers adding beet to their cheese sauce for cauliflower cheese. The sauce went pink, much to her young daughter's delight, who called it Barbie Sauce.

Becca and I had a very pleasant evening on Tuesday at the 40th anniversary of Biddenden Vineyard. On the orchard tour Becca asked me whether I thought they used apples to make the cider. Well what can you say; I obviously came up with a smart reply. Becca had the last laugh though as Julian the owner confirmed that there were only 2 trees on site and they bought apples in. Becca has a really good 'smug' look.

Next week we are off to the Kent Environmental Awards at Port Lympne. A black tie do, I am really looking forward to it, win or lose. I am taking three of the team with me, so we shall be well represented. I hope we do not make the front page of the KM for the wrong reasons. These do's are always good for connections so we shall see who bump into.

Now beet root is always a veg that people have strong opinions on. This is a recipe that really use beet in a different way, and doesn't really taste of beet – a good way of getting veg into the young ones.

Beet & Chocolate Cake

Ingredients

- 1 and a half ozs Cocoa powder
- 4 and a half ozs Plain flour
- 1 and a half tsps Baking powder
- 1 Pinch salt
- 5 and a half ozs Caster sugar
- 8 and a half fl ozs Corn oil
- 1 and a half tsps Vanilla essence
- 3 eggs beaten
- 1 pack or (9oz) cooked beetroot, pureed
- 4oz Plain dark choc (60% +), broken into small pieces

Method

Preheat the oven to 375F/190C/Gas 5 and grease (7") round cake tin.

1. Sift the cocoa, flour, baking powder and salt into a bowl and mix with the sugar.
2. Add the oil, vanilla essence, eggs, beetroot and chocolate pieces and mix well.
3. Pour into the cake tin, put on a baking tray and bake for 50 minutes, or until a skewer comes out clean.

Finally just a quick mention of that dreaded word – Christmas. Just to confirm that we will be sending you details in a couple of weeks time of our turkeys etc as we did last year. You can have it all delivered to home with your veg box, taking one more thing off the list of things to do. The only thing I would mention is that Geese are in short supply again this year, so if you really want a goose for Christmas then let us know early.