



SEPT 2009 Week 4 Box Contents

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

Name	Method	Source
Potatoes	Organic	Nash
Cauli	No Spray	Ash
Black Kale	Organic	Wye
Tomatoes (Lrg Only)	No Spray	Lyminge
Salad Bags (not in small)	Organic	Wye
Pears		Maidstone
Apples		Maidstone

I have noticed once I ordered that the small box is a bit fruit heavy this week, so we have added some small squash to give you a bit more veg. As the season for soft fruit etc is coming to a close we will get into more veg from next week.

I was somewhat concerned in the week to hear about Analogue Cheese on the telly. A bit of research has found out what it is. Not surprisingly it is not a cheese. It is sold as a non-dairy cheese for vegans etc made up from various oils and starch. It has one quality that makes it popular; it is cheaper than real cheese. So much so that it is now generally used in pizza toppings etc etc, basically in processed food. You can buy all the variants 'Edam' etc. So when you see cheese pizzas they probably aren't. One cheap variant has our old friend palm oil in it. I have written about palm oil before, but you will find on google that it is present in many foods, even your Kit Kat. It is high in saturated fat...need I say more. It is also the product that is causing problems across Asia as rainforest is ripped up to grow more. I'd say avoid it but if you buy any processed food, chocolate etc you'll be eating it. And killing off orang-utans, sorry but it is true.

Here is a recipe for an apple and pear torte.

Ingredients

125 g plain flour
125 g self-raising flour
150 g caster sugar
2 whole eggs
75 g butter
1/2 teaspoon bicarbonate of soda
1 level teaspoon cream of tartar
2 apples, peeled and cored (preferably Granny Smiths)
2 large pears, peeled and cored
4 tablespoons Amaretto
4 tablespoons raisins
1 tablespoon granulated sugar
2 tablespoons pine-nuts

Method

Preheat oven to 190°C.
Soak the raisins in the Amaretto.
Cut the apples and pears into small pieces.
In a bowl, cream together the caster sugar and butter.
Now add the eggs and mix well.
Fold in the flour, bicarbonate of soda and cream of tartar.
Add the Amaretto and then mix in the fruit.
Transfer the mixture to a buttered cake tin, sprinkle with pine-nuts and granulated sugar.
Bake for 30 minutes then lower the oven temperature to 160° and cook for a further 30 - 40 minutes

Finally just a note to say that we do have game back in stock now. You can order online or give us a ring and we deliver to you with your box. There is rabbit and venison steaks, mince, diced and joints.