



OCT 2009 Week 1 Box Contents

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

Name	Method	Source
Potatoes	Organic	Wye
Cabbage	No Spray	Ash
Carrots	No Spray	Ash
Spinach (not in small)	Organic	Wye
Tomatoes	No Spray	Lyminge
Butternut squash	No Spray	Ash
Apples		Maidstone

We are starting to get more autumn veg in now, and this is a favourite time of year for me. We have plenty of different squashes available from now on, and I find it best to just cut them in to chunks and roast them in olive oil etc. What could be easier than mixed roast veg?

We have some places left on our foraging course, Fruits Roots & Fungi, at Yalding on Sunday 11th October. You take trip round the hedgerows and field around the centre, harvesting free food. You'll bring it all back to the centre where it will be cooked and you can scoff the lot. You can book on the course at www.lovekentshop.com – please follow the links to courses at Yalding.

We also have a game day at Yalding on 24th October. Phil from Godmersham game will be there to take you through the different types of game available, and how to prepare them. You will also then have a 3 course meal, with a game bias, and a chance to chat with other game enthusiasts. Again you can book online at the address above.

This is a recipe for a nice soup....

Spiced Carrot & Squash Soup

1 red onion, finely chopped

2 garlic cloves, finely chopped

2 tbsp olive oil

2 large carrots, peeled

1 medium butternut squash, peeled and deseeded

Sea salt and freshly ground black pepper

2-3 thyme sprigs, leaves picked

1 red chilli, deseeded and finely chopped, or ¼ tsp dried crushed chillies

1.2 litres chicken or vegetable stock

75g dried spaghetti or small pasta shells

Freshly grated Parmesan, to serve

1 Sweat the onion and garlic in the oil over a medium heat for 5-7 minutes until soft. Chop the carrots and butternut squash into 1.5cm dice and add to the pan. Season and cook for another 6-7 minutes until the vegetables start to soften.

2 Stir in the thyme leaves and the fresh or dried chilli, then pour in the stock. Stir and bring to the boil. Simmer for 25-30 minutes until the carrots and squash are soft and beginning to break down.

3 Break the spaghetti into small pieces into the soup or add the pasta shells. Stir well and return to the boil. Simmer for about 10 minutes or until the pasta is cooked and the soup has thickened slightly. Check for seasoning and ladle into soup bowls. Sprinkle with the Parmesan and serve.