



OCT 2009 Week 3 Box Contents

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

Name	Method	Source
Potatoes		Tenterden
Kale	Organic	Wye
Swede	Organic	Wye
Beet (not in small)	Organic	Wye
Crown Prince squash	No Spray	Ash
Salad Bag (lrg only)	Organic	Wye
Apples		Maidstone

Last week I walked round Dickie's farm near Sandwich as he said he had something he wanted to show me. It turned out to be a patch of crown price squash. They can be quite large, and at a price per KG they can be too expensive for the box scheme. I explained this to Dickie who said make me an offer. I told him much we would want to pay for the box and we struck a deal. He got rid of most of his patch in one go and we got a good veg for the box. This is exactly how it should work in local produce. Some of the squashes are smaller and some are quite large. We will try and put the right size in for your box, but there were more larger than smaller so do not be surprised if you get a rather large blue squash in your box. They will last for a while in a cool place, and if you only use half of one you should get another week if you put it in the fridge. They are one of favourite squashes; as you know I just like to roast these autumn veg in some olive oil, salt and herb.

Watching Countryfile on Sunday on BBC1 I watched an article about organic food. The lady they followed switched to 100% organic for a week with her shopping, and was complaining that the main problem was that she had to wash and peel her veg. Sh'e be no good on this scheme eh? The price was an issue for her, about 30% dearer. What was fascinating was that when they returned to watch her 3 children eat

a roast chicken dinner they got some surprising results. ‘Fussy Jonny’ who according to mum didn’t like chicken legs and some veg was stuffing his face as were his siblings. In between all too graphic full mouthfuls of roast dinner he informed us that the taste of it all was fantastic and he couldn’t wait to eat more. Mum, to be fair, was instantly converted and said it was great to see the kids eating so well and would buy organic from now on. I am sure I saw a slightly disappointed look on John Craven’s face as his story went in a different direction than he thought. Morale of the tale – fussy kids might be brighter than we know.

Now I do like cheese with any veg I can get it on. Would it go with red cabbage? Or beet? Maybe not, but it will with your squash:

Squash and tomato Gratin

Ingredients

1.25kg squash, such as crown prince	
4 tbsp olive oil	1 small onion, finely chopped
2 garlic cloves, crushed	120ml dry white wine
1/2 tsp caster sugar	2-3 fresh thyme sprigs,
1 bay leaf	Good pinch dried chilli flakes
450g chopped toms	142ml carton double cream
Grated nutmeg	100g Gruyère cheese, finely grated

Method

1. Cut the squash into small chunks and remove the peel, seeds
2. Heat 2 tablespoons of the olive oil in medium pan, add onion and garlic and simmer until the onion is soft. Add wine/sugar and simmer until reduced by half. Add thyme, bay leaf, chilli flakes & toms & simmer for 15 mins until reduced and thickened. Discard bay leaf & spoon onto the base of a shallow ovenproof dish.
3. Heat oven to 200°C/gas 6. Heat the rest of the oil in a large pan, add squash and sauté for 3-4 mins, until golden. Add to the toms.
4. In a small pan, bring cream, seasoning and a little nutmeg to the boil, then remove from the heat.
5. Sprinkle the cheese over the top of squash, pour over cream & bake for 30 mins, until squash is tender and the cheese is golden.