



OCT 2009 Week 4 Box Contents

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

Name	Method	Source
Potatoes		Tenterden
Carrots	No Spray	Ash
Cauli	No Spray	Ash
Spinach (not in small)	Organic	Wye
Leeks	No Spray	Ash
Apples		Maidstone

The box is quite traditional this week with plenty of standard veg. More crops are coming into season now, with parsnips and sprouts just becoming available. Our old friend red cabbage is also looking good to make an appearance soon.

Whilst out driving yesterday I popped in to a farm near Faversham that I had seen on the way to pick up the chicken. It is called Mallards farm and is a small holding that is run by Alistair. It has been in his family for 3 generations and he produces full range of veg. It is not organic, but he uses crop rotation and natural fertilisers only. He rarely uses insecticide as the crop rotation means that pest infestations are low. The ground has been farmed since medieval times, linked to the local abbey. It is on Monkshill which gives the game away. It was good to second half an hour going round the farm with an enthusiast for the product. We shall give it all a try over the next few weeks.

Welcome to our new customers from NW Kent who have joined the scheme. As you know we have decided to expand the territory of the scheme in to Bromley/Bexley etc so if you have any friends family up there let them know please!

I have put a recipe below for fancy bread. Just right to go with some soup I think. I guess you could substitute in any root veg for the carrot and still get a nice bread. You know it might be interesting to use beet for this? We are always looking for good ideas for beetroot aren't we?

Carrot and Walnut Bread

Ingredients

350g plain flour
150g wholemeal flour
1 tsp salt
2 tsp bicarbonate of soda
150g carrots , peeled and grated
a handful walnuts , toasted
300ml low-fat Greek yogurt
125ml semi-skimmed milk

Method

Heat oven to 230C/fan 210C/gas 8. Mix the flours, salt and bicarbonate of soda, then stir in the carrot, walnuts and yogurt, followed by enough of the milk to make a soft, quite sticky dough.

Tip onto a floured surface and form a flat ball, put on a baking sheet, slash the top and bake for 30 minutes until risen and cooked. It'll sound hollow when you tap it.

Finally, a quick reminder about Christmas. Over the next couple of weeks we will get the Christmas order forms to you; we will also let you know the arrangements for Christmas. For our new customers we arrange the box for Christmas week so that you get a delivery of traditional veg just before the big day. We also offer home delivery for turkey and all the trimmings as well, so keep your eyes out for your order form.