

Sat/Sun 28/29<sup>th</sup> Nov Christmas Tasting Day - Langley



## NOV 2009 Week 4 Box Contents

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

<b>Name</b>	<b>Method</b>	<b>Source</b>
Potatoes	Organic	Nash
Carrots	Organic	Wye
Red Cabbage	Organic	Nash
Spinach	Organic	Wye
Leeks	No Spray	Ash
Butternut	No Spray	Ash
Onions (Lrg only)		Canterbury

Red Cabbage makes it first appearance this year, and they are a good size too. From Andy Ward at Nash Nursery which is based at, well Nash, which is near, well Ash, which is near Sandwich. It's all a bit strange down there. Regardless of that the cabbage looks great and so we commence our annual competition for a recipe for red cabbage that does not involve currants and a sauté. We had one or two good responses last year but not, I felt, anything that would dramatically use red cabbage a different way. No red cabbage ice cream recipes or a decent red cabbage soufflé. That might be bit of an ask I suppose but if anyone has any ideas please let me know?

Most of you will have had Christmas order forms last week, and if you want any turkey etc this year then get your order in quick as they are selling now. Remember we home delivery all of it to you lucky box scheme people. Hopefully by the time you read this I will have put the web page up for Christmas for the box scheme...

### **Christmas Tasting Weekend this weekend at Langley.**

Turkey, trimmings, cheese, beer, wine etc all for you to try before you order. I would suggest getting there before 3pm though as by then Becca has sniffed a couple of glasses of wine and 1/2 a pound of cheese

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and it can get a bit lively. No cider for her this year so no complaints from the neighbours or police intervention.

I have put a recipe below for the leeks, which are one of my favourite veg. As you know they are popular in Wales, and have become their national symbol. Well why not. There is a story that in earlier times their soldiers used to wear leeks on their heads to distinguish them in battle. Sort of makes you stand out I would have thought, but each to their own.

### **Leek and Gruyere Risotto**

2 pints of vegetable stock (fresh or made with cubes)

2 large carrots (or 4 small)

2-3 thin slices of gruyere cheese

4-5 ozs Arborio Rice or pudding rice

Sea salt and black pepper

Large knob of butter

2-3 Cloves of garlic

Split and rinse leeks, cut into small chunks. Scrape and chop carrots finely.

Over a low heat cook carrots and leeks in a pan with butter until soft add crushed garlic and pepper and salt.

Transfer above ingredients to saucepan or casserole.

Add 2 pints of veg stock and rice and bring to the boil, stirring and then reduce to simmer.

Cook until rice has absorbed the liquid and is soft and al dente as preferred

Crumble gruyere cheese over the top, leave until melted and serve with greenside veges!

Oh and just a note to say that December is a 5 week month, so your usual monthly charge will be a bit higher in December.