



DEC 2009
Week 1
Box Contents

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

Name	Method	Source
Potatoes	No Spray	Faversham
Carrots	Organic	Wye
Cabbage	No Spray	Ash
Black Kale	Organic	Wye
Parsnips	No Spray	Ash
Apples		Maidstone

I am sorry that you will find quite a bit of wet mud on the root veg this week. It does, however show that the veg has been only just been lifted; indeed the parsnips were just coming in on the tractor when I got to the farm yesterday. This rain and mild weather is good for the growing of the veg although maybe not quite so much rain....

This year we have been nominated in the Taste of Kent Awards, run by Produced in Kent. We would be extremely grateful for your vote; you can find us under **Best Retailer** as **THE OLD DAIRY**. If we get through to the final we get to go to a posh do at Leeds Castle in January, which the team are looking forward to. Remember your vote will help us have a nice freebie; must get someone else to drive. I think the girls will even get the veg mud out from under their nails for a do like that! You can vote for us at:

<http://www.producedinkent.co.uk/TOKA/index.cgi>

Christmas orders are coming in thick and fast now, thank you. If you have not ordered, but wish to please let us know asap as some sizes of turkey are starting to run out so you may not get what you want.

I love this recipe, Irish of course. I like to combine it with brisket to make an original corned beef. You can add any veg you like to this as well.

Colcannon

Serves **4**

Ingredients:

900g/2lb Potatoes

1 Green Cabbage

1 Large Onion

100g/4oz Butter

Salt and Black Pepper

Approx 270ml/9fl.oz. Milk

Instructions

1. Peel the potatoes and cut into chunks. Chop the onions and cabbage.
2. Place the Potato in a large saucepan and season with salt and pepper, place the onions on top of potatoes and season with salt and pepper then place the chopped cabbage on top of the onions.
3. Add just enough water to cover all the ingredients and bring to the boil.
4. Reduce the heat, partially cover and simmer for about 20 minutes until all the vegetables are soft. Drain any excess water off if necessary.
5. Add the butter to the pan and beat all the vegetables together hard with a wooden spoon, adding the enough milk to make the potato soft and broken up. Adjust the seasoning and serve immediately.

I see this year that there is heavy discounting amongst the supermarkets in the Christmas run in. I just watched a guy on the TV saying that the suppliers don't suffer in this and in fact make more profit than the supermarkets. He obviously hasn't spoken to the farmers we know. Not only do they fund the BOGOFs but they get a really low price to start with. We have found that the price we pay to farmers is up to 4 times the price they get from supermarkets. That does make a difference to them so lets keep supporting them!