



DEC 2009 Week 3 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
Spinach	Organic	Wye
Swede	Organic	Wye
Leeks	No Spray	Ash
Apples		Maidstone

Well only a week to go to Christmas...where has the time gone? I seem to say that every year, along with everyone else I think. I certainly think it is time for reflection, but I don't want to look back this year actually. I prefer to look forward to a better 2010, certainly from a business point of view.

The box is bit of a mix this week as I have to avoid veg that will be in the Christmas box next week. Don't forget the different delivery days for the next 2 weeks, more details on the website below.

Food wise things are pretty quiet at the moment. This week's frost will be just right for the parsnips and sprouts for next week. The frost encourages the sugars to come on in the parsnips and makes them sweeter; same for the sprouts.

Hope fully the cold snap will not last too long. Last year the snow and cold weather really damaged the spring crops and we did sweat a little bit getting enough variation for the boxes. We still didn't import any veg though.....

Leeks are one of my favourite veg; apparently also a favourite of the Roman emperor Nero who favoured it in soups. Nero was bit of a nutter but popular with the common people; definite attributes for an emperor I think. I prefer mine braised with tomato and Worcester sauce. The leeks that is, not an emperor although I reckon a few did end up braised. Not sure Worcester sauce would have been available?

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For the leeks I have gone for a recipe that is cobblers. Actually it is quite good ha ha.... Ham & Leek Cobbler. Easy and quick and you can always add cheese to the mix. ☺

Ham & Leek Cobbler

2½ tbsp olive oil

450g leeks, trimmed and thickly sliced

450ml vegetable stock

100g self-raising flour, plus a little extra for rolling the dough

75ml fat-free natural yogurt

1 tsp thyme leaves, plus extra to decorate

140g frozen peas

200g ham, shredded

1 small apple or ½ large apple, grated

Method

Heat oven to 200C/fan 180C/gas 6. Heat ½ tbsp oil in a large pan, then fry the leeks, stirring for 5 mins until starting to soften. Add the stock, then simmer for 5 mins.

Meanwhile, tip the flour into a bowl, make a well in the centre, then add the yogurt, remaining oil, thyme leaves and a little salt. Using a cutlery knife, mix to bring together to a soft dough. Divide into 4 and shape into rounds on a floured surface.

Stir the peas, ham and grated apple into the leeks, then divide between 4 individual pie dishes or one large dish. Top each with a round of dough, scatter with more thyme, then bake for 20 mins until golden.

Finally two things to finish on

Firstly thanks to those of you who voted in the Produced in Kent awards at the top of the page. I assume you voted for us as we have made a late surge onto the list. We need to get into the top 3 so any extra votes would be gratefully received...thanks.

Secondly we are going to focus on Game in January. We shall be putting some special offers up in the shop and online as well as holding a tasting day on Sat 23rd at The Old Dairy, so if you fancy a nice bird or a bit of wild we shall try and tempt you in January. More details to follow, but if you haven't joined our monthly e-newsletter that has more information as well as ramblings by me you can do so at the website below

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