



# Fresh Boxes '09 Newsletter 7

*Update From the Gardens... 2nd October-*



## Tomatoes in October

We had a very disappointing year with tomatoes on the FRESH gardens just about every plant was infected by blight (disease).

A number of allotment holders from the Growers Network supplied some of their own surplus tomatoes a few weeks ago and these were included in the boxes.

We were really keen however to find a local tomato grower so that you could enjoy the last of the seasons tomatoes, so we were really pleased to find JW & Sons (est. 1842) a family run plant nursery who also grow tomatoes and cucumbers in Lambley near Gedling (approx 6 miles away).

Finally, we are still working on the Direct Debit payment system, until we do, please could you pay by cheque / cash or postal order. Payment for July/August has been requested and September will be invoiced with your bag next week.

Much thanks & enjoy!  
Nicola

## This Weeks delights.....

### Small Box £5

### Large Box £10

Tomatoes \*  
Green Pepper  
Onions \*  
Carrots or  
spring onions \*  
1  
Sweetcorn  
Potatoes  
Herbs

Tomatoes \*  
Green Pepper  
Onions \*  
Carrots \*  
Sweetcorn  
Potatoes

Mixed Salad

Cape Gooseberry  
or Raspberries  
Pak Choi \*



- \* Tomatoes - J W & Sons, Lambley
- \* Carrots - Hammond Produce, Spalding
- \* Pak Choi - Pipeman (Donald) St. Ann's
- \* Onions - Mr Francis St.Anns

**ALL other fruit, vegetables and herbs  
are from our FRESH Gardens**

1 - to ensure nothing goes to waste, some boxes have the last of the gardens spring onions instead of carrots this week, either of these ingredients can be used with other produce e.g. a quick stir-fry

We are currently sourcing re-useable, sturdy and personalised FRESH bags for your fruit & vegetables. Until then, we will gladly take any spare medium to large carrier bags you may have. If you could leave them in the designated bag at any of the collection points over the forthcoming weeks that would be really useful.



In Season this month: **Fruit & Nuts:** Apples, Hazelnuts, Mulberries, Pears, Plums, Crab Apples, **Vegetables:** Beans, Beetroot, Cabbage, Celeriac, Carrot, Fennel, Garlic, Kale, Mushrooms, Parsnip, Pumpkin, Spinach, Sweetcorn, Swede, Tomato, Turnip. **Meat:** Chicken, Pork, Beef. **Fish:** Clams, Scallops, Plaice, Halibut, Haddock



Pak Choi (also known as bok choy or peking cabbage) is a Chinese cabbage. It's commonly used in stir fry and spring rolls. Separate the leaves and wash well. The green leaf is often cooked separately to the much thicker, paler stalk. In a stir fry, cut off the stalks and slice. Cook for a couple of minutes before adding the leaves for 2 minutes. The inner leaves are more tender and work well, raw, in salads. The tougher, outer leaves taste better cooked. Use in stir fries, warm salads, braised or roasted.

## Stuffed Peppers Recipe

### Ingredients: based on serving 4

4 large green peppers  
1 medium onion, chopped  
2 cloves of garlic, crushed  
4 ozs (112g) long-grain rice, cooked  
8 ozs (225g) tomatoes, chopped  
Chopped or dried herbs  
4 ozs cheddar cheese, grated  
2 tablespoon olive oil  
Salt and pepper

### Method

- Cut a slice off the top of each pepper, remove centre core and seeds.
- Brush each pepper on the outside with the olive oil and then stand the peppers upright in an ovenproof dish.
- Sauté the chopped onion gently. Add the tomatoes, rice, parsley, salt and pepper and combine.
- Pile the mixture into the pepper shells.
- Top each pepper with grated cheese.
- Bake for 30-40 minutes in a pre-heated oven at Gas Mark 4 (350°F/180°C) until the peppers are tender. Serve hot.

Serves 4

Note: Chopped mushrooms or Sweetcorn can replace some of the tomatoes in the mixture and the addition of a beaten egg will give a firmer filling.

All weights, measures and cooking instructions are a guide only - experiment at will!

## Maple Glazed Carrots

Rather than just boiling your carrots, as a treat why not roast them with an orange and maple syrup glaze for extra sweetness.

### Ingredients Serves 4

Enough carrots for 4 people  
1 tablespoon maple syrup (or honey)  
2 tablespoons orange juice (not squash / cordial)

### Method

Pre-heat the oven to 200 C. Put your potato roasting tin in the oven to pre-heat.

- Scrub the carrots. There's no need to peel them. Chop to the size you want to roast (I just cut them in half lengthways)
- Put the orange juice and maple syrup in a bowl and mix well. Add the carrots and mix well, ensuring all carrots are coated with the glaze.
- When the oven is hot, put the carrots in the roasting tin, with any spare juices from the bowl. Spread into an even layer.
- Roast for 20 minutes, then take the tray out of the oven and turn all the carrots, to allow all surfaces to get crispy.



The raspberries in the large box have been hand-picked by Sue on the Fresh gardens just this morning (Friday).

Store in the fridge but eat them as soon as possible as they are absolutely perfect and ripe to eat now!



www.ecoworks.org.uk  
The Croft, Albert Road  
Nottingham. NG3 4JD  
info@ecoworks.org.uk  
Tel: 0115 9622200