



# Fresh Boxes '09 Newsletter 3

## Update From the Gardens...

4th September 2009

Hello!

My name is Nicola and I joined the Ecoworks team recently as 'Local Food Worker', so I thought I had better introduce myself since I'll be responsible for ensuring your fruit and veggies are fresh, local and of great seasonal value!

I have a real passion for growing food locally and spend many a weekend tending to my own allotment in Sneinton as well as experimenting in the kitchen, therefore I'm very excited to join the team and the task of developing the current FRESH box.

Our main focus for this year and next will be to increase our membership and support of the Growers Network, as this will compliment and enhance the produce currently provided through the FRESH gardens. By doing this we will also be able to extend the availability of our boxes through the seasons and also to more people across the city.

I hope you are happy with the quality and contents of the FRESH box so far and would consider recommending the box to family and friends. Feedback is really important to the success of our work so if you have any comments or suggestions please feel free to get in touch with me.

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## This Weeks delights.....

### Small Box £5



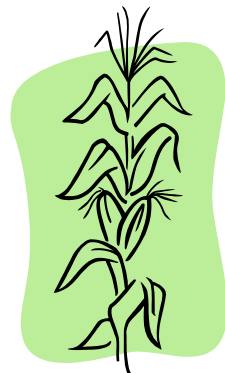
- Green peppers
- Sweetcorn
- Red onion
- Cucumber
- Tomatoes
- Potatoes
- Apples

### Large Box £10

- Green peppers
- Sweetcorn
- Red onion
- Cucumber
- Tomatoes
- Potatoes
- Squash
- Raspberries
- Garlic
- Apples
- Green Chillies



**OPEN DAY at St.Anns Allotments SUNDAY 13th of September!**  
*FRESH produce for sale, workshops, tours and food*



Autumn is on its way and has to be my favourite season, the abundance of long awaited squashes, pumpkins and mouth-watering scrummy sweet corn is a joy. If you are able to, get out into the fresh air and cook the cobs in their leaves over a barbeque until the kernels are soft, unwrap and simply eat with a sprinkle of pepper and good roll in butter.

## Recipe for the week: Frittata served with Sweetcorn & Salsa

### FRITTATA

Great for making good use of your ingredients this week or left over vegetables in the cupboard and its really quick to make.

### INGREDIENTS

- 30 ml olive oil
- 3/4 Green pepper diced
- 3 g crushed garlic
- 6 eggs
- 55 g Grated cheddar cheese
- 1 tsp of dried or 1 tblsp fresh herbs of your choice (basil, chives, mixed herbs)
- 6 small potatoes, sliced (approx 1/2 cm)
- 1 Red onion diced
- salt and pepper to taste
- 80 ml milk

Boil the sliced potato in a pan until just soft (par boil)

Place the olive oil, red onion in a frying pan and cook slowly until tender

Add the garlic, seasoning and herbs

Beat the egg and milk in a bowl then add the grated cheese

Drain off the potatoes and add to the frying pan

Stir well then ensure all vegetables are levelled out in the pan

Add the egg mixture to the frying pan ensuring all vegetables are covered

Cook for approx 4-5mins then transfer the pan under the grill to cook the top of the frittata

Cook for a further 3-4 mins (check it is cooked through the middle) until golden brown



**Fresh salsa** takes minutes to prepare, use the remaining quarter of green pepper in the recipe above and as much chilli as you can handle.

5 ripe tomatoes, seeded and roughly chopped

1 small red onion, very finely chopped

2 tsp sun-dried tomato paste

1 tbsp chopped flat-leaf fresh parsley

1 tbsp fresh basil, roughly torn

1 tbsp lime juice

3 tbsp extra virgin olive oil

Salt and freshly ground black pepper

Place all the ingredients into a mixing bowl, season well and mix thoroughly to combine!



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