



Fresh Boxes '09 Newsletter 16

Update From the Gardens... 4th December 09

Hello,
Apologies once again for not receiving the newsletter last week and for any extra detective work you may have had to do to decipher what was the strange green fractal in the veg box! I should be able to email the newsletter as a word document once we have moved.

We are on the move!

As I write this the office is being stripped bare to just remnants of blue tack on the walls and dusty tables.

The site we are moving to was formally St.Anns Junior School, Brewsters Road, St.Anns NG3 3AG There is approx half an acre of land on the school grounds which we hope to put to good growing use with the neighbouring community. This will also serve as a new collection point for FRESH boxes for Friday 18th Dec and then again at the end of January. Please get in touch if you would prefer to collect from here.

We will hopefully be arranging an open day before or shortly after Christmas which you are all very welcome to attend. Follow the link to see where we are on the map:

<http://www.multimap.com/s/jjA4X62v>

Christmas Collections

We really didn't want the pressure of ensuring everyone receives the right amount of produce for their Christmas festivities or the added worry if someone didn't collect on time and couldn't gain access to the collection point so the last delivery/ collection will be Friday 18th December.

We still have preserves for sale if you would like to order as gifts. These can be delivered in addition to your veg box but we would prefer payments to be made separate and in full by cheque or cash or alternatively come and see us at the various events listed overleaf.....

This Weeks Delights.....

Small Box £5

Parsnips
Red Onion
Cauliflower
Desiree Potato
Cavello Nero
Carrots

Large Box £10

Parsnips
Red Onion
Cauliflower
Desiree Potato
Cavello Nero
Carrots

Butternut Squash
Leeks
Aduki or Mung

Aduki or Mung bean sprouts are from our kitchen. Use in warm salads or stir fry. Keep refrigerated and use within 3-4 days. Rinse well before use.

Training & Vacancies

Future Jobs Fund & Training

We have recently secured funding to provide 5 weeks of training and one year of employment for the following job opportunities. If you know anyone who is aged between 19-24yrs and is currently un-employed, and has an interest in the environment, horticulture or cooking, please inform them of these vacancies and ask them to check they qualify through their local job centre.

8 Community Horticulture Workers
1 Green Build Worker
1 Gardens & Buildings Caretaker
2 Catering Workers

Glazed Squash and Parsnips

Ingredients

4 parsnips, peeled, quartered
1 butternut squash, peeled
Splash of olive oil
25 g butter
2 tbsp maple syrup
1 tsp cinnamon
Salt
Freshly ground black pepper

Method

Cut squash in half, remove seeds and cut into wedges (similar in size to the parsnips)
Preheat oven to Gas 6, 200°C, 400°F. Heat oil in a frying pan. Add squash and parsnips, toss in oil and brown on all sides for 8-10 minutes. Add the butter and toss again.
Add the maple syrup and cinnamon. Season. Continue cooking until vegetables start to caramelize, then pop into a baking dish and finish in the oven for 30 minutes.

Potatoes Duxelles

1-1.5 lb / 700g potatoes sliced into 1-2cm thick slices
1.5 oz/35g butter (seems a lot of butter so reduce if desired)
1 tbsp flour
1 bay leaf
1 tbsp chopped mint or rosemary (optional)
1 tbsp finely chopped onion
2 (generous) tbsp chopped mushroom
0.75pt/450ml stock

Melt the butter in a saucepan and soften for 2-3 minutes; add the mushroom and cook for a further 3-4 minutes. Then add the flour, stir together and gradually add in the stock, stirring continuously. When the stock and flour have combined, bring to the boil, add the bay leaf and cook the sauce on a gentle heat for 6-8 minutes.

Meanwhile, peel and boil the potatoes and cook until almost ready; drain and add to the pan with the sauce. Combine and heat thoroughly.

Please take all recipe suggestions as a guide only. If you have a recipe you would like to share please get in touch. COMING SOON: RECIPE FILE ON OUR WEBSITE.

Preserves & Prices

All 227g Jars £2.00
All 400g Kilner Jars £3.00



Herb & Apple Jellies

Thyme
Mint Jelly
Rosemary
Sage
Chilli 400g

Jams

Plum
Damson

Onion Marmalade

Pickled

Pickled Beetroot 227g / 400g
Pickled Onions 400g

EVENTS

Green Market - Council House Weds 9th December 10am-3pm

Nottingham City Council are hosting a Green Market. Stalls will include eco-friendly/organic products, gifts for sale.

Transition Market Saturday 12th December Sneinton Market 11am-3pm

Learn new skills
Meet local producers
Local performers

<http://groups.yahoo.com/group/transitionssa>

Christmas Market Sunday 13th December Windmill School Sneinton Boulevard 11-4pm

Local crafts & gifts
Delicious food and Ecoworks stall



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