



Fresh Boxes '09 Newsletter 13

Update From the Gardens... 13 November 09

Hello

The garden staff are keeping themselves warm and busy at the moment by barrowing a few tons of manure and municipal compost onto the gardens to maintain/improve the fertility and structure of the soil.

This is also a lovely time of year when growers can take time to reflect on the year passed and make exciting plans for next year.

The winter salads are slow growing but should be ready to harvest in the next few weeks and so may be added to the larger veg boxes.

Preserves

We have some Apple, Apple and Herb Jelly or some Onion Marmalade for sale at the moment. This can be an additional item in your veg box. They go well with cheese, savoury pastries, meats and warm salads. They are slightly sweet think of them like a sweet jam but for savoury dishes.



- Thyme Jelly
- Sage Jelly
- Rosemary
- Apple Jelly
- Onion Marmalade

All are 227g and priced at £2.00

Finally, please remember to RSVP if you would like to attend Ecoworks AGM on 24th November 7pm or would like to put yourself forward to be a member of Ecoworks.

Enjoy

Nicola

This Weeks Delights.....

Small Box £5

- Butternut*
- Cauliflower*
- Potatoes
- Kale *
- Red Onions

Large Box £10

- Butternut*
- Cauliflower*
- Potatoes
- Kale *
- Red Onions
- Celery
- Jerusalem Artichokes
- Leeks*
- 100g Sprouts

Apart from the Jerusalem Artichokes, produce has been supplied by Maxeys wholesale at Brickfield Farm near Southwell. Produce with a * beside it indicates produce which the farm has grown itself, so with very little distance to your doorstep.

Events / Training

Pruning Fruit Trees & Bushes

Saturday 12th December 10-2pm

Working with an expert pruner, you will be equipped with all the essential skills and knowledge to successfully care for your fruit trees and bushes (£10/£5 unwaged) Call the office to book a place.

Apples, Pears & Crafty Wares

Hockley Arts Market—Sneinton Market

Saturday 28th November 10-3pm

Beat the Recession Day

Sneinton Hermitage

Sunday 29th November 12-4pm

Lots of free information, activity and skills share to help local people live and work through the recession and become environmentally informed at the same time.



Celery makes a really good flavoursome stew, casserole or soup. And so, with many warm dishes required at this time of year, it has been added to the large box this week.

Freeze? Celery can be frozen in chunks on a baking sheet before being tipped into storage boxes or bags. It can also be sautéed in butter or oil with some onion and then frozen in ice-cube trays.

Once frozen, you can pop the cubes into a freezer bag - great when you're in a hurry.

Red Onion & Squash Risotto

570ml/1 pint vegetable or chicken stock
 1 small red onion, chopped
 12 fresh sage leaves or 1 tbsp dried
 2 tbsp olive oil
 170g/6oz Arborio (risotto) rice
 250g/9oz pumpkin or squash, diced small
 50g/2oz butter
 salt and freshly ground black pepper

For serving

Piece fresh parmesan, or vegetarian parmesan-style grating cheese

Method

1. Sweat the onion in the oil until soft but not browned. Add the chopped sage and cook for a couple more minutes.
2. Add the rice and mix well for a few seconds to coat the grains with oil, then pour in one-third of the stock and bring to a gentle simmer. Cook until almost all the stock is absorbed. Add the pumpkin or squash and a little more stock, and continue to simmer gently until the stock is absorbed.
3. From then on add more stock a little at a time, until the pumpkin is soft and the rice nicely al dente. You may not need all the stock, but the texture should be loose and creamy.
4. Stir the butter into the risotto and sea-

Freezing Produce & Batch Cooking

I was listening to discussion on Radio Nottingham the other day about how to make the best Yorkshire puddings. One tip was to add an extra egg yolk (not egg white) if using small or medium eggs as it is the yolk which helps them to rise. The speaker also suggested freezing the left over egg white in a tuperware container and when you have enough of them, using them to make meringue as apparently frozen egg whites make better meringue (something to do with trapping the air in them).

This reminded me that with some lovely bulky items in the veg box over autumn and winter you may find it useful to know that the majority of produce you are receiving can be frozen rather than wasted.

What not to freeze...

Most individual ingredients can be frozen, however some foods simply aren't freezer friendly:

- Raw eggs in the shells will expand and crack.
- Hard-boiled eggs go rubbery.
- Vegetables with a high water content, such as lettuce, cucumber, bean sprouts and radishes, go limp and mushy.
- Soft herbs, like parsley, basil and chives, go brown.
- Egg-based sauces, such as mayonnaise, will separate and curdle.
- Plain yogurt, low-fat cream cheese, single cream and cottage cheese go watery.

When properly frozen, vegetables retain all their flavour and nutrients. The best method of freezing is the same for peas, runner, French, dwarf and broad beans, asparagus and broccoli.

In a large pan of water, boil a handful of vegetables at a time for 30 seconds. This will stop them going brown when frozen. Using a slotted spoon, scoop them out into a bowl of very cold water. Once chilled, drain the veg and scatter onto a tray lined with kitchen paper. Transfer to a freezer bag and write the date of freezing on the bag.

Cook the vegetables from frozen in a pan of boiling water. Do not steam, as they tend to go soggy.

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



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