



Fresh Boxes '09 Newsletter

Update From the Gardens...

Welcome to the first newsletter of 2009.

As the summer is starting to draw to a close at Eco works we can look back on a season of sowing, cultivation, battling the elements and harvesting. All of the hard work has been worth it though as we see the produce going into the Fresh boxes /bags and out to our customers

We will also be teaming up with a supplier in Southwell called Maxeys who will supply us with locally grown farm produce when needed to top up our own supplies. All the produce you have received so far this year is our own however, and hopefully that will be the case for a good few weeks yet.

In each newsletter there will be details on what is in each box, a vegetable spotlight detailing facts about a vegetable in your box and also a recipe suggesting how to use the produce in your box. Enjoy!

In this Weeks Fresh Boxes...

In Both Large and Small Boxes

Potatoes

Salad

Tomatoes

Carrots

Runner Beans



Extras in Large Boxes

Courgettes

Cucumbers

Cavalo Nero

Blackberries

Garlic



Vegetable Spotlight

Cavallo Nero



- Cavallo Nero is also known as black cabbage or black kale.
- It's an elegant plant with attractive leaves, and is much praised by gourmet chefs
- Originally from the Tuscany region of Italy, Cavallo Nero grows well in the UK.
- It's a good source of folate, vitamin K, iron, iodine, calcium and vitamin C

Recipe of the Week

Cavallo Nero /Black Cabbage Soup



Method

1. Peel the onion and chop it roughly. Peel the garlic and crush it.
2. Heat the oil in a large pan and sauté the onion and garlic for 5 minutes.
3. Wash the potatoes and chop into 1 cm chunks. There's no need to peel, unless you want to. Add to the pan and sauté for 5 minutes.
4. Add the herbs and stock. Cover and simmer for 10 minutes.
5. Wash the cavallo nero and chop it. Add to the soup and cover. Simmer for 10 minutes.

Liquidise the soup, if you prefer. Then add the cannelloni beans or butter beans. Heat through.

Ingredients

Serves 4

- 1 large Onion
- 500g Potatoes
- 200 - 300g Cavallo Nero
- 1 litre vegetable stock
- 3 cloves garlic
- 1 tablespoon fresh herbs, chopped
- 30ml vegetable oil
- 300g cooked cannelloni beans