



Fresh Boxes '09 Newsletter 9

Update From the Gardens... 16th October 09



Hello!

There is a healthy number of people joined up for the scheme now which is fantastic, but are very open to new membership so please feel free to recommend to others.

The FRESH gardens and Growers Network are slowing down considerably now so we will only have a week or two of garden produce. For the next few weeks you may see chard, squash and onions in the box as this is the last of the crops we have available, but with Brickfield Farm near Southwell we will try and add a variety to the box also.

Celeriac and red cabbage are new additions this week. Both are fairly useful in a range of cooking, and can add a welcome warmth to dishes now the weather is turning colder.

I have received by email a few recipe suggestions and will share these with you over the next few weeks, please take the measures as a guideline however as we don't spend too much time writing them.

Enjoy, Nicola

This Weeks delights.....

Small Box £5

Large Box £10

Chard
Squash
Carrots
Tomatoes
Onions
Chillies
Herbs

Chard
Squash
Carrots
Tomatoes
Onions
Chillies

Leeks
Potatoes
Salad Leaves
Red Cabbage *
Celeriac *



- * Tomatoes - J W & Sons, Lambley
- * Squash, Onions & Chard - Growers Net
- * Carrots - Hammond Produce, Spalding
- * Red cabbage / Celeriac - Brickfield Farm
- * Potatoes - Brickfield Farm, Southwell
- * Chillies, Leeks, Salad and Herbs are from

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. **WE STILL NEED**



EVENTS APPLE DAY St. Ann's Community Orchard

Sunday 18th Orchard 11-4PM Everyone welcome

Apple variety tasting, Apple juicing workshop, Apple Games

The entrance is on Ransom Road opposite Hill View Community Centre about 200 yards up from the junction with Hungerhill Road. Number 42 bus. Look out for the yellow sign on the gate.



Celeriac, Potato & Chard Gratin

I haven't made this combination before but I have used celeriac, potato and broccoli in a gratin. Shred or layer the chard through the dish so fussy eaters shouldn't object to the earthy spinach like flavour of chard.

1/2 of the celeriac

1/3 of the chard in your box

25 gm Butter

25 gm Flour

600 ml Milk

Salt and pepper to season

2 Tbl Bread crumbs (slightly stale bread)

2 Tbl Parmesan cheese or mature cheese

Herbs of your choice

Preheat the oven to 180C/350F/gas 4.

Peel and dice the celeriac then par-boil for 6-7 minutes.

Meanwhile, melt the butter in a pan, add the flour and mix well. Add the milk gradually, stirring all the time over a medium heat until the sauce is smooth and glossy.

Drain the vegetables then add to the gratin dish with a sprinkling of chosen herbs, salt and pepper. Cover with the sauce.

Sprinkle the Parmesan cheese and bread crumbs over the top. Bake for 30 minutes or until the topping is brown and crispy.

Chard - Make it one of the first things you use from your weekly box. Its earthy taste is a little stronger than spinach but it is also one of the most nutritious vegetables around at this time of year. Wash chard well before use to remove any soil and grit from the leaves. Keep it either loose or in a paper bag in the fridge for 2-3 days. Much longer than this and they will start to wilt. Eat both the stems and leaves in any dish or warm salad



Celeriac is high in vitamin C, as well as calcium and potassium, which helps you absorb the calcium, so it's worth tucking in.

I wasn't sure about celeriac, the first few times I tried it. Not only does it look like it belongs on the compost heap, but it can taste slightly bitter, if you don't know how to cook it (which I didn't!).

You can roast celeriac, mash it, turn it into celeriac soup and even use it grated in a salad. The key is to peel it and slice it just before using or it turns brown quickly.

And, if you're boiling it, adding it straight to boiling water, rather than cold as this helps to reduce the bitterness. Make a mash with celeriac and potatoes combined or cut into chunky cubes and roast with carrots, garlic and herbs (parsley, thyme, sage, chives)

Red Cabbage Did you know...?



If red cabbage is grown on an alkaline soil, it has a blue colour. If grown on an acidic soil, it has a more reddish colour...



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