



Fresh Boxes '09 Newsletter 5

Update From the Gardens... 18th September 2009



We had a excellent number of people attend the Heritage Open day at St.Anns Allotments on Sunday and hope you were one of many who were able to take a tour of the gardens. We also received a good amount of interest in the box scheme, in fact, those of you who signed up on the day are receiving your FRESH box for the first time this week, so WELCOME!

There are some curious additions to the box this week which include a 'custard white' squash for some and a green squash called 'green Hokkaido' or 'butternut' for others. Don't worry, we've included a little bit about them and suggestions on how to cook them so hopefully you will feel inspired to be creative. If not, the general rule with squash is: they can be roasted, turned into soup, stew or mash! Squashes are fantastic at soaking up whatever flavours you throw at them, so go through your herb and spices cupboard and definitely add garlic, they love it!

Alternatively if you have a recipe you would like to share with box members feel free to email me the details. Enjoy! Nicola & the ECOWORKS team

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Callaloo (sometimes **calaloo**) is a Caribbean dish that is most popular in Trinidad and Tobago, with variants in Guyana, Barbados, Guadeloupe, Grenada, Haiti, Dominica, The Virgin Islands and Jamaica.

The main ingredient is a leaf vegetable, traditionally either amaranth (known by many local names including callaloo or bhaaji), or taro (both known by many names including callaloo, coco, tannia, bhaaji, or dasheen bush). Because the leaf vegetable used in some regions may be locally called "callaloo" or "callaloo bush", some confusion can arise among the different vegetables and with the dish itself. Trinidadians primarily use taro/dasheen bush for callaloo, while Jamaicans use the name callaloo to refer to amaranth, and use it in a plethora of dishes and also a drink ('callaloo juice').

Prepare
If slightly wilted, place in water until ready to use as it will re-hydrate

The whole plant; stem, stalks and leaves can be eaten, although thicker stems should be stripped of the outer layer as this is too fibrous for cooking. Wash, chop or slice thinly and add to omelettes, curries, quiches, casseroles or simply steam with added garlic, butter, salt and pepper.



This Weeks delights.....

Small Box £5

Leek
Apples *
Squash
Sweetcorn
Potatoes
Calaloo (spinach) *

Large Box £10

Leek
Apples *
Squash
Sweetcorn
Potatoes
Runner Beans *

Chard
Courgette
Cucumber
Cape Gooseberry

Coming soon to the FRESH box

Parsnips
Pears
Apples
Carrots



* Purchased from the Growers Network



Bush Scallop - Custard White

The fruits of various members of the gourd family, which fall into two classifications, summer squash and winter squash. Summer squash are a soft-shelled variety with thin edible skins and edible seeds. It has a tender flesh that requires only a short cooking time. They are very low in calories, high in vitamin C and high in fibre. Summer squash are picked while they are still tender and are generally eaten within a short period of time since they are very perishable.

Summer squash can be eaten raw (grated or thinly sliced) works well in a seasoned salad or in sandwiches or added to other vegetables, stews, casseroles, and soups.



Green Hokkaido Squash

Each plant of this variety bears 1 to 3 grey-green fruits which average 2,5 kg. The yellow flesh is sweet, non-fibrous and dry. The fruits are excellent keepers, up to one year. A variety originally from Japan.

Prepare as you would a pumpkin, quarter and cut away the skin and de-seed. Roast in the oven or add with other vegetables to stews, casseroles, and soups. They can also have stuffing added to them and then baked as in the recipe below.

Recipes for the week: Stuffed Squash

Walnut & Cheese

This recipe was taken from rivercottage.net
Measures are a guide only

- 1 squash
- 1 medium garlic clove, finely chopped
- About 15g unsalted butter (optional)
- A little olive oil
- Salt and ground black pepper
- 25g walnut halves, lightly toasted and very coarsely chopped
- 70g blue cheese, crumbled into small lumps. 1 teaspoons thyme leaves, chopped
- 1 teaspoon runny honey

Leeks would work well too! Or use crumbly goats cheese if you're not too keen on blue cheese

- * Make sure the outside of the squash is scrubbed clean.
- * Cut the squash across the top and de-core the seed in the centre.
- * Put a little chopped garlic and a small nut of butter in the cavity, brush with olive oil, season well. Bake for approx 30-45mins, until the flesh feels very tender when pierced with the tip of a knife.
- * Next carefully scoop out the soft flesh and all of the buttery, garlicky juices, into a bowl, leaving a 1cm-thick layer of flesh still attached to the skin, so the squash holds its shape. Roughly mash the flesh. Keep back a few bits of walnut and a few cubes of cheese, then fold the remaining walnuts and cheese into the soft squash, along with the thyme and some more salt and pepper.
- * Spoon the filling back into the empty squash halves and scatter on the reserved cheese and walnuts. Finish with the merest trickle of honey, then return the squash to the oven and bake for a further 15 minutes, or until the cheese is bubbling.

Moroccan rice & lentils

Follow the first three stages above. Sautee diced onions and other finely diced vegetables and add whatever spices or herbs you have.

For a Moroccan flavour add: salt, pepper, ginger, turmeric, cumin, garlic. Followed by chopped sun-dried tomatoes, dates and/or apricots. Add 2 cups of green lentils of 2 of brown rice and approx 3/4 pint of vegetable stock. Cook slowly in a pan until the rice or lentils are cooked. Fill in the squash and return to the oven for 25-35mins. A good grating of cheese works well.

Herbs for cooking

Complimentary herb combinations:

- Sweet Marjoram, Thyme, Oregano
- Basil, Thyme, Oregano
- Dill, Chives, Parsley
- Cilantro, Sweet Marjoram, Thyme
- Tarragon, Parsley
- Fennel, Oregano, Basil
- Parsley, Basil, Chives
- Sage, Winter Savoury



Cape Gooseberry *Physalis*

Natures little sweeties!

The cape gooseberry is native to Brazil but long ago became naturalized in the highlands of Peru and Chile and became identified with the region. It was first grown in England in 1774.



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