



Fresh Boxes '09 Newsletter 10

Update From the Gardens... 23rd October 09



This week we have included FREE OF CHARGE some Alfalfa Sprouts for you to try as we sprouted more than we could use in the kitchen this week.

The wonders of sprouts, how to keep them and use etc is explained overleaf. Please note: we sprout them in the kitchen which isn't a completely nut free environment.

If you enjoy them, we may include them occasionally through winter and spring because they are of high nutritional value and would add variety to your diet when there is a much smaller variety of seasonal produce.

We can include serving suggestions and dressings which make them extra scrummy in the newsletter.

Due to a staff shortage last week we forgot to add the salad crops to the large boxes last week, unfortunately this week the salad has yet to grow back quickly enough to harvest again so to make up for it we have included Sorrell and a selection of herbs this week.

We will be invoicing for August/September payments next week as we are still setting up the Direct Debit, please could you pay by cheque in the post once this invoice has been received.

Hope you enjoy the produce and also enjoy your extra hour of sleep this Sunday when the clocks go back. Nicola

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. Thank you

WE STILL NEED SOME RE-USEABLE BAGS PLEASE !

This Weeks delights.....

Small Box £5

Large Box £10

Cucumber
Squash
Carrots
Pears
Potatoes
Kale

Cucumber
Squash
Carrots
Pears / Apple
Potatoes
Kale



Pak Choi
Parsnip
Beetroot
Onion
Pepper / Chillies

- * **Squash, Onions, Pak Choi, Apples, Pears - Growers Net**
- * **Carrots - Hammond Produce, Spalding**
- * **Butternut / Kale - Brickfield Farm**
- * **Potatoes - Brickfield Farm, Southwell**
- * **Chillies, Pepper, and Herbs are from our FRESH gardens**



Alfalfa is really a member of the pea family, making it a legume. It is a remarkable plant as it can be planted anywhere in the world, at any time of the year, regardless of temperature and climate and it harvests in only 7 days.

Alfalfa sprouts juice contains a myriad of valuable nutrients such as calcium, folic acid, magnesium, manganese, molybdenum, phosphorus, potassium, silicon, sodium, zinc.

Please refrigerate as soon as you collect your veg box and rinse them thoroughly in cold water before use. Drain excess water off and then add to salads, sandwiches or even last minute to stir-fry's. Eat within 2-3 days or whilst fresh (white crisp shoots).



Kale

1. **Cook kale like cabbage.** Wash it well. Trim the tough stalks off. Slice up the leaves. Steam in a little water in a saucepan with the lid on until tender – about 5 minutes. Really tasty with a dash of pepper and knob of butter.

2. **Stir fry** – trim the stalks and slice the leaves into strips. Stir fry in sesame oil in a wok for 5 minutes. Throw in a handful of sesame seeds and a little soy sauce.

3. **Hot! Hot! Hot!** Trim stalks. Slice leaves. Steam or stir fry until tender. Mix with a tablespoon of sweet chilli sauce.

4. **Creamy.** Trim stalks. Slice leaves. Peel & crush 2 cloves of garlic. Cook gently in a little oil with the kale for about 5 minutes, until soft. Stir in 2 tablespoons half fat crème fraiche. Season to taste.

Experiment and enjoy the creative aspect of cooking with your FRESH ingredients and please only take the recipes included as a guide!

Pears

Provided by Growers Network
Member - Chris Foster



Ripe pears can be stored for several days in the fridge in a plastic bag. To ripen pears at home, wrap them in paper and put them in a cool, dark place for a few days.

Keep ripe pears away from strong smelling things like onions and garlic - they really absorb the odour!

Roasted Squash



It can go in the oven while you're cooking the rest of your meal and the roasting causes the sugars to caramelize, giving the squash an even sweeter flavour.

Stuff the seed area with any of the following mixes:

Finely chopped onion, garlic & thyme leaves.

Sweetcorn, Cheddar

Crushed pine nuts, breadcrumbs & sage.

Chopped dried apricots, raisins, grated apple & ground almonds.



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