



Fresh Boxes '09 Newsletter 15

Update From the Gardens... 27 November 09

Hello,
We will be very busy this weekend attending three community events to promote Ecoworks and the work we do as well as to sell plenty of biscuits and preserves - made using produce from the gardens and through the Growers Network.

Apples, Pears & Crafty Wares

Hockley Arts Market—Sneinton Market
Saturday 28th November 10-3pm
Work by Nottingham artists, these will make very unique and special gifts

Beat the Recession Day

Sneinton Hermitage
Sunday 29th November 12-4pm
Lots of free information, activity and skills share to help people live and work through the recession and become environmentally informed at the same time.

Iona School Advent Market

310 Sneinton Dale, NG3 7DN
Saturday 28th November 10:30-4pm
Food & beverages, stalls, craft activities for all, home-made produce. Iona School is situated behind the BANCA community Centre.

We are moving

We are moving to new premises in December. The site is formally St.Anns Well Road School, St.Anns Well Road, St.Anns, Nottingham. There is approx half an acre of land on the school grounds which we hope to put to good growing use with the neighbouring community.

We will keep you up to date of any open day events, which you are all very welcome to attend.

If you have a food, landscape, seasonal poem or article you think would be of interest to members, please email me at:
nicola.hinton@ecoworks.org.uk

This Weeks Delights.....

Small Box £5

Romanesque
Red Cabbage
Cooking Onion
Celeriac
Carrots
Potato

Large Box £10

Romanesque
Red Cabbage
Cooking Onion
Celeriac
Carrots
Lollo Rosso
Leeks
Cavello Nero
Cape Gooseberry

The Cape Gooseberry in the large boxes are from the FRESH gardens

Romanesque, Onion, Celeriac, Leeks and Cavello Nero are from Brickfield Farm

Training & Vacancies

Future Jobs Fund & Training

We have recently secured funding to provide 5 weeks of training and one year of employment for the following job opportunities. If you know anyone who is aged between 19-24yrs and is currently un-employed, and has an interest in the environmental, horticulture or cooking, please inform them of these vacancies and ask them to check they qualify through their local job centre.

8 Community Horticulture Workers
1 Green Build Worker
1 Gardens & Buildings Caretaker
2 Catering Workers



Romanesque

Brassica oleracea botrytis

This has to be the most fascinating vegetable or cauliflower variety you are ever likely to see in the veg box and is an amazing example of phyllotaxis - the fractal patterning that can appear in nature.

Not only does it look good enough to be a centre piece on your dining table, it is a fantastic treat to eat. Waste nothing, the leaves and stalks can all be eaten.

Cut into chunky florets (to preserve that marvellous pattern), blanch, then dunk immediately in icy water to fix the divine colour and serve cold in a salad - it's good with shreds of red cabbage, carrot, olives and capers and a dressing of peppery olive oil and lemon.

Steam whole or in large bite sized pieces in a pan with a few inches of water and the lid on until just tender.

Partner to pasta. Being more tender than standard cauliflower, it easily cooks down with stock or tomatoes to a crushable softness. Mingled with garlic and lots of chilli, and tossed into pasta with olive oil and Parmesan. Try it also in a gratin - an updated cauliflower cheese, if you like - dotting the blanched florets with crème fraîche mixed with Parmesan, then sprinkling more Parmesan and some breadcrumbs on top and baking till golden.

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

I hope the vegetable medley in both the large and small boxes isn't too broad this week, it has been quite a challenge to vary the content each week with such a small selection of Nottinghamshire and bordering county produce available at this time.

It can be fun heading into the kitchen at the weekend armed with a mix bag of mystery produce like you're a chef/contestant on the TV show **READY STEADY COOK**, but for the rest of the week, if like many of us, you are trying to keep a reign on the purse strings, and don't have much time to spend standing gazing in the fridge or cupboards then meal planning is best.

Meal planning is great, no longer do you find yourself roaming from aisle to aisle in a trance-like state (tricky when you have a two year old to entertain) or view your purchases and wonder why on earth you've spent more than budgeted. Then there's the guilty waste as items have to be thrown away.

To keep fuel costs down, consider batch cooking over the weekend by putting several dishes in the oven at the same time. Refrigerate required portions for the days ahead and freeze the rest.

Cavello Nero - Black leaf Kale

Rich in calcium, iron and vitamins. Use as you would cabbage or kale. Add to curries, stews too.

Celeriac

It is a kind of celery, grown as a root vegetable. Celeriac may be used raw or cooked.

It has a tough, furrowed, outer surface which is usually sliced off before use because it is too rough to peel. Celeriac has a celery flavour, and is often used as a flavouring in soups and stews; it can also be used on its own, usually mashed, or used in casseroles, gratins and baked dishes.

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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