



Fresh Boxes '09 Newsletter 11

Update From the Gardens... 30th October 09

**ECOWORKS AGM -
TUES 24th NOVEMBER**

**7.00pm Life at the Centre, City Mission
22 Lower Parliament NG1 3DA
(opp. Boots or Argos, outside Victoria Centre)**

As members of Ecoworks, we would like to invite you to the Annual General Meeting.

On the agenda will be reports from the management committee, elections and discussion of future developments.

Leon Ballin, Food Initiative Group will be guest speaker, with the topic *'Food for Thought' - a strategy for improving Greater Nottingham's food, health and environment.*

There will also be tasty dinner provided by the Harvest Cafe.

Also we are currently recruiting for a number of committee posts - if you have around 8 hours a month that you could commit to supporting our work, we'd love to hear from you.

If you would like to attend please RSVP by email or telephone.

This Weeks delights.....



Small Box £5

Tomatoes
Cauliflower
Potatoes
Red Cabbage
Eating Apples



Large Box £10

Tomatoes
Cauliflower
Potatoes
Red Cabbage
Eating Apples

Leeks
Jerusalem Artichokes
Carrots
Pumpkin or Butternut

Tomatoes - J W & Sons Lambley, Nott's
Apples - Growers Network & Ecoworks
Leeks & Artichokes - FRESH garden

All other produce sourced locally through
Maxeys - Brickfield Farm, Southwell

WE STILL NEED SOME BAGS!

At the height of the summer and early autumn 95% of the produce was coming from our FRESH gardens and through the Growers Network, now that there is very little to harvest at this time of year we are sourcing nearly all of produce through Maxey's at Brickfield Farm near Southwell.

We only take produce which is from Nottinghamshire or bordering counties, and by running the scheme through winter we will continue to raise the importance of local seasonal produce and build our connections and support for local food producers.

As there is less choice and variety of produce available through the winter months, large box members may wish to scale down to a £5 box through the winter period or opt to still receive a large box but accept that there may be fewer items but more of each item in terms of weight.

Please let me know your preferences or thoughts on receiving a box through Nov-March – Nicola



Jerusalem Artichoke has a tasty nutty flavour and is one of the best non-meat sources of iron, so it's well worth trying. Jerusalem Artichoke has nothing to do with Jerusalem or artichokes. In fact, it's a type of sunflower! Scrub the artichokes well - no need to peel, unless you want to. Boil or steam, whole, for 15 to 20 minutes, until soft. If you slice them first, add some lemon juice to the water, to stop them discolouring, and cook for just 5 to 10 minutes. Alternatively slice them and add in layers to the gratin recipe below.

Word of warning: The Jerusalem Artichoke is well known to cause wind. If you've never had artichokes before, it's worth trying just a small amount first, until you know how you will react...or maybe eat them when you don't have a social function to go to!

Cauliflower & Artichoke Gratin

Ingredients

1 cauliflower (trimmed and separated into florets)
Jerusalem Artichoke—prepared as per above

For the Béchamel Sauce :

30 g plain flour
30 g butter or margarine
½ litre milk
Salt, nutmeg & pepper
Sliced Tomato

Steam the cauliflower in a pan with a few inches of water for about 20 minutes or until soft (according to your preference). Drain and set aside.

Preheat the oven at 180°C (350°F - gas mark 4)

Spread the cauliflower in a baking dish, pour the béchamel sauce all over it. Sprinkle generously grated cheese and sliced tomato on top.

Bake it for about 15 to 20 minutes until the top is golden brown.

To prepare the Béchamel sauce for the gratin

1. Melt the butter in a sauce pan at medium heat. Make sure the butter doesn't turn boil or turn brown.
2. Add the flour into the melted butter and stir it until you obtain a marzipan like texture.
3. Take off the heat and stir in half the milk a little at a time (make sure it's well incorporated)
4. When about half the milk is in, place back on the hob and stir vigorously with a whisk, start adding the remaining milk but continue to stir. Your reward will be a smooth, glossy, creamy sauce.
5. Season it with a little salt, nutmeg and pepper. * You can add cheese at this point to make a cheese sauce, much cheaper long term and far tastier than a pre-packed dried sauce mix!

Red Cabbage & Apple

Ingredients

Serves 4 as a side dish

- 1 medium red cabbage (or ½ large one)
- 1 large apple (peeled, if you prefer)
- ½ teaspoon ground cinnamon
- 1 tablespoon brown sugar
- ½ mug water
- 1 dessertspoon vegetable oil

Method

Slice the cabbage finely. Cut the apple into quarters, remove the core and slice finely or grate.

Heat the oil and add the cabbage. Stir and sauté for 5 minutes.

Add the cinnamon, sugar, apple and the water. Stir regularly as you simmer it for 5 minutes, until most of the water has evaporated.



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