



# Fresh Boxes 2010 Newsletter 19

## Update From the Gardens... 15 January 2010

Happy New Year All,

Brrrrr its been a very cold one so far hasn't it! This week you will find that there are a lot of carrots in both the small and large bags. Apologies for this but we really are restricted at this point in the year in terms of choice. Nevertheless, carrots are versatile and can be used in soups, stews, casseroles, bakes, roasting etc.. We've included a winter warming recipe overleaf of carrot & coriander soup as one option.

This week we wanted to highlight two very local and important campaigns and ask you to consider signing the petitions on-line if available. The first is very dear to me as I access this free educational resource with my two year old on a regular basis and have done so since he was born. Please see the attached leaflet.

There is also an interesting grant available which my colleague found on a fantastic website:

<http://www.moneysavingexpert.com> Martin Lewis the site expert, is brilliant for suggesting innovative and smart ways to save money. Even if the grant overleaf doesn't apply to you please pass on the details if you know a family who may be able to benefit.

We have just submitted a funding application for the re-useable Food Scheme Tote bags! We will hopefully then be able to use these instead of crudely writing on carrier bags! If we are successful these will hopefully be printed and ready to use in late spring. In the meantime, please could you leave or return carrier bags to the collection! Much thanks.

### Direct Debit

Who would have thought setting up a Direct Debit scheme would take so much time and be so complicated! We have only just been granted approval to set this up but have also now been informed we need to administer in a particular way using approved software. Our Management Committee won't be meeting now until the end of January to approve this so further delays in setting up are likely unfortunately. In the mean time if you are to pay by cheque monthly please do so. Apologies for the inconvenience.

Finally, welcome to our new customers at Iona School! Enjoy! Nicola

## This Weeks Delights.....

### Small Box £5

Half Red Cabbage  
Maris Potatoes  
Parsnip  
Cauliflower  
Carrots

### Large Box £10

Whole Red cabbage  
Maris Potatoes  
Parsnips  
Cauliflower  
Carrots  
  
Celeriac  
Cooking Onions

Locally sourced through Brickfield Farm Southwell

### Carrots

The Hammond family have been growing and packing fresh produce in Nottinghamshire since 1900. Jon Hammond says " Our carrots and parsnips are grown in deep, warm, sandy soil to give long, smooth roots. We plant the seed between December and May so that crops can be harvested from June right through to the following May. The carrots are covered with a deep layer of straw in October to keep out the winter frosts and ensure the ground stays soft so carrots can be harvested in all weathers."

Hammonds have planted, created and regenerated 5 miles of hedgerow, 20 acres of woodland and 3 wetland habitats over the past 10 years ensuring that wildlife can thrive and help them to produce the finest quality food.

Hammond Produce - Spalding, Lincs

### Celeriac

Celeriac makes a fantastic mash or added with the cauliflower to make a cheesy gratin!

## Grants for education

Whether you're a teenager looking to continue in full time education or an adult wanting to change careers or help with childcare costs there may be a grant to help you fund your learning.

- **Free Laptop & Web Access - Home Access PC/Internet Grant** The government's made a grant of up to £528 available for low income families with children living in England; it's targeted at those without access to the internet. Depending on your need you can get up to £528 to spend on a computer (laptop, desktop, netbook and one year's web access). Yet you cannot go anywhere, it's only retailers that operate the scheme, though these include mainstream providers such as Comet, Phones4u and Misco.
- *Who is eligible?*
- You need children in years 3 to 9. This will normally mean ages 7 to 14.
- It's for families with lower incomes. There are a number of tests for this, generally speaking if your child qualifies for free school meals or you receive income support, income-based JSA, child tax credit plus an income lower than £16,040, it's worth checking out.
  - While the scheme is targeted at those who either don't have a computer or don't have web access, there are only limited checks done on that, though it is important people don't abuse the system.
  - *How many people can get it?*
  - The scheme is due to run for the next 18 months but there is a maximum of 270,000 grants available, one per household. There are currently no plans to extend it across the rest of the UK.

*How to apply?*

Call 0333 200 1004 or check details at [Home Access](#).

Carrots are a root vegetable that probably originates from Central Asia and was originally purple in colour. The orange version we know and love today was brought to the West by The Netherlands, around the 1500s and became popular across Europe by the 1700s. Carrots are a good source of vitamin C and beta-carotene, both of which are important anti-oxidants.

## Ingredients Carrot & Celeriac Soup

Serves 4

1 medium [celeriac](#) (Optional if you have in the box!)

5 - 6 medium [carrots](#)

2 medium [onions](#)

4 medium [potatoes](#)

1 tablespoon vegetable oil

1 litre vegetable stock (or water plus a stock cube)

1 bay leaf

2 tablespoons fresh coriander leaves, chopped

You could add alternative herbs or spices if you don't have coriander. Try either cumin and chilli, parsley, mixed herbs or paprika to warm things up a bit.

Remember quantities are a guide only. Make a big batch and freeze for a quick, healthy snack or meal

Peel the celeriac with a sharp knife. Cut into chunks

Peel the potatoes and chop into 2cm ( $\frac{3}{4}$  inch) cubes. Peel the onion and chop roughly. Scrub the carrots and chop into 2cm pieces.

Heat the oil in a large pan and add the onions allow to sweat until see through

Add the carrots and potatoes. Coat with oil. Cover and saute for 5 minutes, until the potatoes and carrots have softened.

Add the celeriac, the bay leaf and the stock. Cover and simmer for 15 / 20 minutes, until the vegetables are soft.

Remove the bay leaf and discard. Add the coriander leaves and liquidise the soup until smooth. Season with salt & pepper to taste.



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