



FRESH Newsletter 21

I had a very interesting meeting with Joe Bradley, a bio-dynamic farmer in Sutton Bonnington this week. Joe has managed Hungry Lane farm which covers 300 acres, for 19 years now and has over 30 year experience of Bio-dynamic agriculture.

Jo has agreed to grow several crops for the box scheme his year, which will mostly provide produce for autumn and winter. These include;

potatoes, parsnips, swede (which we just can't seem to source anywhere in the midlands) beet-root and garlic.

Biodynamic agriculture is a method of organic farming with homeopathic composts that treats farms as unified and individual organisms, emphasizing balancing the holistic development and interrelationship of the soil, plants, animals as a self-nourishing system without external inputs insofar as this is possible given the loss of nutrients due to the export of food.

Regarded by some as the first modern ecological farming system and one of the most sustainable, biodynamic farming has much in common with other organic approaches, such as emphasizing the use of manures and composts and excluding of the use of artificial chemicals on soil and plants. Methods unique to the biodynamic approach include the use of fermented herbal and mineral preparations as compost additives and field sprays and the use of an astronomical sowing and planting calendar. Bio dynamics originated out of the work of Rudolf Steiner, the founder of the spiritual philosophy anthroposophy.

We hope you enjoy this weeks usual suspects!
Nicola

**Nottingham Organic Gardeners (NOGS)
Potato Day Saturday 30th January 2010
Sherwood Methodist Church Hall
Mansfield Road 10.30-2pm**

**48 Varieties available to choose from
£1 Entry fee THIS SATURDAY!**

29 January 2010

This Weeks Delights.....

Small Box £5

Potatoes
Carrots
Savoy Cabbage
Red Cabbage
Leeks

Large Box £10

Potatoes
Carrots
Savoy Cabbage
Half Red Cabbage
Leeks

Celeriac
Parsnips
White Onion

Locally sourced through Brickfield Farm Southwell

Red Cabbage this week

With regret, the red cabbage this week is not UK and was sent from Maxeys farm in error. We accepted delivery but the driver had left before it was noticed. We have advised Maxeys that this should not happen and that we will refuse delivery of any produce which is not strictly local to Nottinghamshire. This is the first occasion where this has happened and we will be visiting the farm in the next few weeks to see how the farm works and to ensure our needs and focus on local is clear.

Sincere apologies for this oversight.

**Transition Market Saturday 13th Feb
Sneinton Market 10am -1pm
An opportunity to share skills, find training and talk to local people, groups and organisations with a shared interest in sustainable Communities.**

Website updates

All newsletters and recipes will be made available on our website from 2 February. This may be especially useful to those of you who are receiving a fortnightly box and so often miss out on recipes and newsletter info on a regular basis.

Carrot Muffins



This carrot cake recipe takes just ½ an hour from start to eating and they're really easy to make. Kids love them and the grown-ups don't take much persuading either! You can always freeze cakes in a Tupperware box for another day!

Ingredients
Makes 15-20 fairy cakes

200g (8oz) soft brown sugar or caster sugar
200g (8oz) plain flour
2 medium eggs
3 medium carrots
1 cup raisins or sultanas
4 tablespoons sunflower oil
2 level teaspoons baking powder

Preheat the oven to 220 C (Gas Mark 7).

Put the sugar, eggs and oil in a large bowl and beat or whisk for 3 minutes, until the mixture has lightened in colour and is bubbly.

Sieve the flour and baking powder into the bowl and fold in gently with a wooden spoon.

Mix in the grated carrots and sultanas. It will look like a lot of carrots, but that's ok. Mix well.

Put a large dollop of mixture into each fairy cake case. This is easiest if you rest the cases in a bun tin - though not essential. Bake for about 15 minutes until firm to the touch and golden brown.

VACANCY Admin & Finance Manager

We are seeking a skilled and efficient Admin and Finance Manager, to support our staff team and the we deliver.

If you are interested please see the job description on our web-site or call our office for more information.

The closing date for completed applications (preferably via email) is **Monday 8th February**, with interviews on **Thursday 11th Feb.**

Caramelised Onion With Goats' Cheese

Posh cheese on toast! Caramelising onions is surprisingly easy, if you have a little patience and has a superb flavour

Ingredients Serves 4

- 2 large onions or 3 medium onions
- 3 tablespoons olive oil
- 1 tablespoon butter (optional)
- 2 tablespoons balsamic vinegar
- 2 teaspoons sugar
- 200g goats cheese
- 4 slices of toast

Peel the onions and slice finely. Heat the oil and the butter in a large frying pan and add the onions. Cook on a low heat for 30 minutes, stirring regularly to make sure they don't burn

Mix the sugar with the vinegar and add to the pan. Stir well. Cover and sauté for a further 15 minutes, until the onions are golden brown, very soft and beginning to caramelize. This is what gives the dish its flavour.

Cut the cheese into 4 slices. Pre-heat the grill to a medium temperature.

Put a spoonful of the onion mixture on each slice of toast and spread out to cover evenly. Top with a slice of goats cheese and grill for 5 minutes, until the top of the cheese is just starting to



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