

# Newsletter

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## Feb 2013



**NEWS - Planning the year** - We have all been planning the new season's growing as we hope the worst of the winter is behind us.

**Sheltered cropping** - It's a challenging time as we can never be sure what the next month's weather will hold, we have seen frosts, hail, gales and droughts over the last 4 years. Its at times like this that we appreciate growing in polytunnels despite the plastic. Sheltered cropping like this is one way we can beat the weather



Spinach getting going in a polytunnel

**First spring crops sown** - This week seeds have been planted for the first spring crops, the winter crops that have survived last year are being harvested and at last, as the temperatures rise and days lengthen, salads are showing signs of better growth and soon we hope to be supplying you with plenty of fresh salads. As the month goes on if it is dry enough we will be turning over some of the outdoor plots to prep for the first sowings under cloches.

**Organic salad leaves** are in very short supply right now. We pride ourselves in supplying our own all year round most years, but it has not been possible over the last six weeks. We thought we had had



found some to buy in last week but they didn't arrive due weather damage. But rest assured we are planting more each day and we will be back to normal asap. Meanwhile we hope you have been enjoying the micro salads we have been putting in the boxes.

Its likely the hungry gap will be with us sooner this year as many crops that would take us towards

early May didn't make it through last year and we expect shortages and higher market prices until the new years crops come in sometime in June .

We will be putting lighter greens, which can be used as salads such as mizuna, pak choi, mibuna and spinaches to provide variety around the hardy cabbages and kales. If you are stuck with ideas for these crops they make a very tasty green, stir fried with a chopped clove of garlic, a similar sized bit of ginger finely chopped, a few caraway seeds and a dash of soy sauce. (it even goes with a roast)

**Brighter times ahead** - Whilst looking back at photos from last year I was reminded that in just a few weeks we will be surrounded by colour and song and the sound of new shoots stretching (you have to listen very carefully to catch that last bit). So we can all have our spirits lifted.



**This month's recipe**  
"Use those root vegetables up" layer bake.

Substitute any roots you have plenty of. Its tasty and will feed 4 people well.

450g potatoes - peeled and thinly sliced  
300g carrots - washed and sliced  
150g swede - peeled and thinly sliced  
250g leeks - washed and sliced  
150g mature cheddar grated  
100g Cornish blue grated  
2 eggs - beaten & 3/4 pint milk

- 1) Preheat oven to  $GM4/180c/350f$
- 2) Grease an oven proof dish, layer the bottom with potatoe then add layers of each veg and some mixed cheese. Finish with a layer of potatoe and a generous grating of the cheeses.
- 3) Beat together the eggs and milk and season, pour onto the vegetables.
- 4) Sprinkle with some more cheese
- 5) Bake until golden...  $1\frac{1}{4}$  hrs or so.