

Newsletter

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or email orders@keveral.co.uk to order



Oct 2013



NEWS - Keveral Farm honoured by Soil Association award.

The certification system set up in 1973 to show that food had been produced to the Soil Association standards is 40 years old this year.



It turns out

Keveral Farm is the oldest Certified Organic Farm in the country !

We are very honoured to be invited to accept an award from the association celebrating the fact. Bill will collect the award on behalf of the community at the 2013 Soil Symposium to be held in Bristol later in the month.

As the current stewards of the land at Keveral Farm we are grateful to our predecessors who wisely chose to align themselves with the Soil Association and its ideals and to the SA inspectors who have been a wealth of advice on good management of our soils over the last 16 years since we started the box scheme. We look forward to the next 40 years of Organic status.

Website update; We are still in the process of updating our website. It is now up and working but needs a lot of work to make it beautiful. If you need to contact us to change an order please call Bill on numbers below or email bill@keveral.org

SALAD BOXES STOPPING THIS WEEK. Alas autumn is well and truly here and the summer polytunnel crops have finished. So whilst we will of course keep putting salads, toms etc in your boxes we are no longer in a position to supply extra salad boxes until next spring.

Wonderful tomatillos ...and what to do with them.

Tomatillos are also called "tomate verde" in Mexico (green tomato) and are considered a staple in Mexican cooking. Tomatillo is a member of the nightshade family, related to tomatoes and potatoes and can be used raw or cooked

Preparing Tomatillos:

Remove the husks before using, the husks are inedible. Tomatillos are very easy to cook with because they don't need to be peeled or seeded. Their texture is firm when raw, but softens when cooked. Rinse before using as the tomatillo is covered by a sticky substance. Do not peel the green skin.



Raw - Raw or uncooked tomatillos are often in Mexican sauces. They add a fresh citrus-like flavour.

Blanching - Blanching mellows the flavour. Bring a large pot of water to a boil. Add the whole tomatillos (husks removed and rinsed) and boil for approximately 5 minutes or until soft. Drain and crush or puree as directed in your recipe.

Fire Roasting - Roast under a grill. Make sure the heat is quite hot before roasting. If the heat is not hot enough, the tomatillos will turn mushy before being charred. The charred or slightly blackened skins will enrich your sauces with a smoky flavour.

Dry Roasting - This will produce an earthy, nutty flavour. Place the tomatillos in a heavy fry pan (preferably a cast iron pan). Turn heat to low and roast for approximately 20 to 30 minutes, turning occasionally.

We really like cooking them into tomato style sauces or slicing and frying them with onions. They add a lovely sweet and sour flavour to dishes or are great raw diced finely and mixed with cucumbers and tomatoes and pickles to make a tasty salad.