

# Newsletter

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## Jan 2014



**NEWS - Welcome to wonderful wet 2014.** We hope you have not suffered too much from the weather. The winter storms have caused a fair amount of disruption here. The **phone lines are still not working properly** and the emails are intermittent. SO apologies if you have been trying to get hold of us. If you need to contact us urgently please call or text Bill on the mobile 07928 718 576. **Emails are being received but infrequently.**

The conditions are making harvesting and delivering less fun than usual so please be patient if we are a little later with your boxes.



Seaton floods

We are getting going with the planning for the coming year's planting. The warmer conditions have brought on the plants we have outside for winter harvest and its likely we will use these earlier in the year than we anticipated.

Hopefully we will be able to plant some things sooner to make up. Its not possible to take machines into fields at the moment as the ground is too soft but we can still get on and do things by hand.

We have noticed the prices of some produce starting to rise as it becomes impossible to harvest in some parts of the country.

**WE ARE ON FACEBOOK** Thanks to Lucy we now have a Keveral Community of Growers box scheme facebook page. Please check it out. We will try to post important news and updates on it.

**Mystery online payments;** We are still trying to find out who made 2 payments into our bank. The payments made in Dec from people with Coop bank accounts were for £200 and £61. Please make sure that transfers show your name in the detail section.

**JOBS -** our box scheme partner Sean the modern salad grower has several job opportunities for the coming year. **We are looking for 2 part time horticultural workers to work 2 or possibly 3 days a week.** You need to be physically fit, motivated and preferably with your own transport. Experience of growing or farm work would be an advantage but not essential as we will provide training. The work will involve maintaining and harvesting field crops. **If you are interested please call Bill on 07928 718 576.**

### Recipe of the month:

Pork and pak choi stir fry.. Serves 4

- 640g freshly cooked rice
  - 2-3 tablespoons olive or rapeseed oil
  - 2-3 cloves garlic, finely chopped
  - 1 onion, thinly sliced
  - 300g lean pork, finely sliced
  - 3 tablespoons oyster and hoisin sauces
  - 1-2 eggs
  - 1 bag of pak choi (or any other stir fry veg), cut into pieces (carrots, brocolii etc etc)
  - soy sauce to taste
1. Whilst rice is being cooked,
  2. In a wok over medium heat, add some oil and stir fry the garlic and onion until the onion softens. Add in the sliced pork and the oyster and hoisin sauces (cook for a further 2 minutes until pork is cooked). Beat in the two eggs. Add in the pak choi/veg until pak choi wilts but colour is still bright green.
  3. Once rice has cooked add in the rice to the wok and mix through. Add in soy sauce for colour. Serve hot.