

# Newsletter

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## March 2014



**NEWS** - your Growers have been hard at it since the rain has eased off, preparing the land and sowing the first seeds of the year outside.



Salads, carrots, beetroots, chards, radishes and beans have all been sown ready for the first harvests....we hope in early June. Meanwhile the winter crops are all finishing early thanks to the hot winter. And in the tunnels salads and light greens have been enjoying the start of the spring. Spring it seems is really here. We hope we don't get some snap frosts to stall the early sowings.

**A reminder that Price rises take effect from April... the NEW PRICES FOR BOXES will be**

### VEGETABLE BOXES

Small	Medium	Large	Mixed	Family
£9.00	£11.50	£14.50	£12.00	£18.00

### FRUIT BOXES

Small	Medium	Large
£6.00	£9.00	£12.00

Minimum orders will be £9 and there will still be no additional delivery charges.

Please adjust any standing orders you may have with your bank.

And please check that your transfer to us clearly states who you are. We still have mystery payments with no identify stated which makes keeping your statement up to date very hard.

**Water saving** - We have been looking at the management of our water resources. Our water comes from roof collection and from a spring. We are looking forward to **installing a Ram Pump at Keveral Farm** this year to reduce the energy and CO2 costs of our water.

**5 a day not good enough says report. Your fresh local veg box can help keep you healthy.**



Five portions of fruit and vegetables a day may not, after all, be enough, according to a new report by scientists, who suggest we should instead be aiming for seven a day, and mostly vegetables at that. Alarmingly for some who thought they were doing the right thing, tinned and frozen fruit may not be helpful at all.

The report arises from a study carried out by experts at University College London, who analysed the eating habits of 65,000 people, revealed through eight years of the Health Survey for England, and matched them with causes of death.

The clear finding was that eating more fresh fruit and vegetables, including salads, was linked to living a longer life generally and in particular, to a lower chance of death from heart disease, stroke and cancer.

Eating at least seven portions of fresh fruit and vegetables a day was linked to a 42% lower risk of death from all causes. It was also associated with a 25% lower risk of cancer and 31% lower risk of heart disease or stroke. Vegetables seemed to be significantly more protection against disease than eating fruit.