

# Newsletter

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## June 2014



**NEWS** - The recent rain has helped the new planting. Another 50,000 plants were planted at Trierieve by the Keveral all stars and Jim Candy. We were starting to worry after 4 weeks with hardly any moisture. Fortunately all is well and the May and June plantings are looking great, we even managed to use the hot weather to kill many of the weeds. As you can see below our new season Kale is already nearly full size.



**Looe Festival of Food** - took place on the last weekend of June. It was great to see so many customers and friends passing by. We held a guess how many blackcurrants are in the punnet competition for a veg box prize. The winner with a guess of 147 was James Overton. Well done James. There were 144 currants in the punnet! As verified by several boys and a bowl of ice cream on Sunday evening.

Marion Candy on the festival of food stall



**Phone back again!** The veg box phone is back. It is housed at Bill's place so please be patient if a teenager answers the phone mumbling something about IT. They will be happy to take a message. Email is the preferred way to contact us if it is possible.

**We still have customers who have not updated their bank transfers to reflect the recent price rises. CUSTOMERS PAYING BY REGULAR BANK TRANSFERS .... Please ensure you have contacted your bank to change your payment.**

June's recipe - **Czechoslovakian Kohl Rabi delight**



This knobbly bulbous brassica has a peculiar, alien-like look with its purple colour and strange protruding stems.

The name literally translates as 'cabbage turnip', but this belies its excellent juicy crispness and light flavour, which is slightly sweet and milder than both a cabbage and a turnip. This is a two-in-one vegetable - the leaves taste almost as good as the kohlrabi itself. This recipe comes from a German lady who visited the stall last weekend.

Ingredients:

- A large Kohl rabi
- A medium onion
- A generous spoon of butter
- $\frac{1}{2}$  ltr vegetable (or chicken) stock

Slice the onion finely, Dice the Kohl Rabi body and stalks into small cubes. Shred the Kohl Rabi leaves.

Fry the onion and diced Kohl Rabi in some oil until just starting to colour, add the butter and allow to melt. Lower the heat slightly and add the stock and reduce the liquid down to thicken. Add the shredded leaves and cook through until they are glowing and colourful. Season and serve as an accompaniment to new potatoes and some lovely local meat.