

Newsletter

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NEWS - growing is a challenging business as we were reminded again this month.

Having worked hard to plant and look after all the autumn and winter crops we will expect to harvest later in the year we have suffered a few setbacks.

We found the Red Russian Kale has a fungal disease which though it doesn't effect the new leaves makes the older ones impossible to harvest and necessitates very careful management. So 3000 plants will have to be left until the weather cools and hopefully the plants will come through this disease and we will still get a harvest off them later in the year.

More seriously we planted the 2nd successions of brassicas into middle park at Trierieve Farm, dutifully covered them in nets to keep the rabbits, pigeons and butterflies off. Only to have the new plants attacked from below by the larvae of the Turnip Sawfly, which look like little black caterpillars. These delightful beasties succeeded in eating 8000 new plants in a week. So you win some ..its been a great growing year generally... and you lose some.... On the bright side ...now we know more about another pest.



Pest of the month

The Turnip Sawfly

We continued to plant despite the setbacks and have got the White and purple sprouting broccoli, more cabbages, salads and lots of kales in the ground. Hopefully this will ensure a plentiful supply of greens through the winter.

Focus on Kale

Kale is related to cabbage, but it forms a loose-leaf plant, rather than a tight-headed vegetable. It originates in Asia and is believed to have been brought to Europe around 600 BC.

You can use it as a substitute for spinach in many recipes, or you can substitute it for cabbage in

recipes that call for a strong flavour. Young, tender leaves can be used raw in salads. Kale is a great source of Vitamins C, A and B6. It's also packed with antioxidants, which are vital for a healthy immune system.

Recipe: Kale And Roquefort Parcels

Ingredients Serves 4

- 250g shortcrust pastry
- 200g kale
- 1 tablespoon olive oil
- 1 medium onion, peeled and finely chopped
- $\frac{1}{2}$ teaspoon nutmeg, freshly grated
- 2 garlic cloves, peeled and crushed
- 100g blue cheese, e.g. Roquefort or Stilton
- Handful pine nuts
- Salt & pepper to taste

Method

1. Pre-heat the oven to 180 C.
2. Heat a large frying pan with no oil and toast the pine nuts for 2 minutes, stirring often, until lightly browned. Remove from the heat and set on one side.
3. Heat the oil in a large frying pan and gently saute the onion with the garlic for 10 minutes until it is soft.
4. Wash the kale well and dry thoroughly. Shred it finely. Add the kale to the pan and saute with the lid on for 5 minutes, until the kale is wilted. Then remove the lid and continue to cook until most of the moisture has evaporated.
5. Roughly chop the pine nuts and mix in with the kale. Add the nutmeg, salt and pepper and stir well.
6. Roll out the pastry to about $\frac{1}{2}$ cm thick. Use a saucer and a knife to cut 4 circles, to make the pasties.
7. Put 2-3 tablespoons of filling into the middle of each pasty. Crumble the blue on top of the filling.
8. Brush the edges of each circle with a little milk or beaten egg, then seal together to make a pasty shape. Brush the top of the pasty with milk or egg.
9. Put on a greased baking tray and bake for about 40 minutes, until the pastry is golden and crispy.

