

# Newsletter

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## Sep 2014



**NEWS** - we have had a drought... it's the first time we have needed to irrigate field crops in September for 15 years. Usually there is a little rain in September but not more than a few drops for 3 weeks has started to really hit the crops.

We were so glad when it started to rain this week. The warm weather did allow a lot of late planting to get ahead at the start of the month and some hoeing to keep on top of the weeds.

Hopefully we will now have plenty of salads and turnips for early winter. However things were starting to get desperate on the fields and we may have lost those crops if the rain had not arrived when it did.



One of the four fields with your vegetables in at Trierieve Farm.

So it looks like Autumn is finally here, Bill will be out foraging for mushrooms in the woods. The boxes will be full of autumn favourites to make comforting bakes, roasts, casseroles and soups from.

### Biodiversity issues -

This week saw the publication of the latest biannual state of the planet report published by the WWF. This really informative report looks at many aspects of how humans influence the planet's natural resources.

One of the shocking statistics was that since 1970 the number of other creatures sharing the planet with us has reduced by almost 50%

We hope that our farming techniques help to support other creatures as well as provide for the production of foods for humans.

We leave crops and some weeds to flower and seed providing food for many insects and birds, the hedgerows and other areas are allowed to develop to provide habitats for a range of creatures. We don't use pesticides and accept that a proportion of the crop will end up as food for other species.

We know we could do more and we plan to implement other measures to support nature in the future.

### Recipe: Kale Crisps

Take 6-8 medium sized leaves of any kale , wash and dry kale thoroughly  
Chop finely, put in a large bowl this is for pour 1-2 dessert spoons of olive oil and tamari/soy sauce.  
Mix (nb - you can add a few flakes of chilli if you like it hotter)  
Put on a baking tray on low heat about 80-100 and bake until crisp  
Keep an eye that it doesn't burn

A healthy nutritious snack :-)



Thanks to Tracy from Plymouth for this.

Please email any recipe ideas to Bill , thanks