

Newsletter

Contact us on 01503 250 343
or email orders@keveral.co.uk to order



Nov 2014



NEWS - Delivery dates for Christmas

CHRISTMAS DELIVERY DATES...this year Christmas Eve falls on a Wednesday. We will be delivering on **TUESDAY 23rd DEC** for Seaton, Millbrook and St Germans customers (delivery driver Marion) **WEDNESDAY 24th DEC** for Saltash and Plymouth customers (delivery driver Fran) and Liskeard, Pelynt and Polperro customers (delivery driver Lambrini) and then will not deliver again until the **7th Jan.**

You can of course order a larger box than usual for delivery on these dates. Orders by the 20th Dec please.

Extra Veg Top Up..... We can provide an additional £10 of produce that will last for some time...ie potatoes, parsnips, carrots, squash and onions for anyone who wishes to receive it on the **23rd/24th Dec** BUT we would appreciate orders in advance by Sat 20th Dec please.



About Statements. We have received a few queries about the statements. The statements show the payments we have received from you until the last date shown in the record box and your account balance at the end of the month in question. Whilst we try to get your statement to you as soon as possible, any payments received after the end of

the month will not be shown on the statement. So it is possible that your account is less than the figure shown if you have made payments after the dates shown.

Recipe ideas.... Thank you to Mrs Newbery who sent me a great recipe for Kale Pesto Pizza she found in the Guardian. To see this recipe look at <http://agirlcalledjack.com/2014/11/21/wholemeal-pizza-with-kale-pesto-44p/>

Black Nero Cabbage Soup



Ingredients -Serves 4

- 1 large onion
- 500g potatoes
- 200 - 300g black nero cabbage
- 1 litre vegetable stock
- 3 cloves garlic
- 1 tablespoon fresh herbs, chopped, e.g. thyme, parsley
- 30ml vegetable oil
- 200g cooked cannelloni beans or butter beans (optional)

Method

1. Peel the onion and chop it roughly. Peel the garlic and crush it.
2. Heat the oil in a large pan and sauté the onion and garlic for 5 minutes.
3. Wash the potatoes and chop into 1 cm chunks. There's no need to peel, unless you want to. Add to the pan and sauté for 5 minutes.
4. Add the herbs and stock. Cover and simmer for 10 minutes.
5. Wash the cabbage and chop it. Add to the soup and cover. Simmer for 10 minutes.
6. Liquidise the soup, if you prefer. Then add the cannelloni beans or butter beans. Heat through.

Serve with chunks of crusty bread.

Please email any recipe ideas to Bill , thanks