

Newsletter

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or email orders@keveral.co.uk to order



Feb 2015



NEWS - New Boxes on the way. You may have thought that your boxes were looking a little tired over the last few weeks, This is because the only supplier in the country of the ones we have used for the last 18 years has decided to stop making them.

This has caused us a few problems for the last few weeks.

However we have found a supplier for alternative boxes which we hope to have from next week. The design is similar but they are no longer corrugated. The boxes will now cost us around £1.60 each, we need to reuse each box 7 times or we need to charge more for each delivery. We aim to make our veg boxes as affordable as possible so.....

PLEASE RETURN YOUR BOXES REGULARILY TO KEEP THE COSTS OF YOUR VEG DOWN..... THANK YOU .

Many customers will not see their delivery driver as they are at work. Please leave your boxes outside your house for the driver to collect, in a bag if its looking wet.

Quiet timeIt's the quietest time of the year for us all. There are still crops to harvest and we are planning the planting schedule for the coming year, working out how much of what we should grow.

With the soil still too cold to plant many things, except maybe some salads and broad beans in a few weeks. We use some techniques to try and bring planting forward. Below you can see one of the polytunnels at Keveral where we have used plastic sheets to cover beds that have just been sown in order to raise the temperature and speed germination



Thanks to Nicky and Pete from Millbrook for our recipes this month. Please do send them in to share with our other customers.

January Recipe - Pete's Millbrook Choucroute
(light supper for 4, generous portion for 2 with seconds)

1/2 cabbage - shredded
1 onion - chopped
100g chorizo - coarsely chopped
1 cup cider
1/4 cup cider (or wine) vinegar
1 tsp cumin (seeds and powder)
500g belly pork strips - cut into chunks and seared off.

Fry onion and chorizo in large saute pan - 5 min, until onion golden.

Add cabbage and cumin, stir fry 5 min.

Add cider and vinegar, cover and cook for 10 min.

Distribute pork on top of cabbage and cook for further 20 min, until cabbage tender.



Baked Swede & Cabbage

(Serves 4 as a vegetable dish)

1 swede - peeled & chopped into chunks
1/2 cabbage - shredded
butter/cream
grated cheese
salt & pepper

Cook swede in boiling water until tender.

Drain, season, mash with butter and/or cream

Gently cook cabbage in butter for a few minutes, until tender

Stir cabbage through the mashed swede

Transfer to a dish. Top with grated cheese.

Bake at 180C for 30 minutes, until piping hot and golden on top.