

# Newsletter

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## NEWS - NO BREAD ....and ...HUNGREY GAP NEARLY OVER.

It's that time of year when last year's stored crops have come to an end and this year's fresh harvest is mostly not ready. But don't worry the new year's crops are starting to come through and it will not be long before there is an abundance of lovely fresh new produce for you.

**POTATOES** we have been living off stored potatoes from last year for many months now. Unfortunately at this time of year it is very hard to tell if all the potatoes in a bag are perfect. So apologies if you have received any duff ones.

We will soon have this year's fresh carrots and you received the first new potatoes in last week's box. As ever the cost of new potatoes are high and so you will have noticed the portion size was smaller than the stored spuds we had been relying on before.

We are all busy sowing, planting and weeding. It's still been very cold at times and this has confused the plants a bit. Some of the early crops have "bolted" (tried to flower too soon) due to the mix of hot, dry, wet and cold conditions we have experienced.

**FEEDING OUR FRIENDS** At Trerieve Farm Jim has had the contractors Drilling a wild bird mix of oats barley and sunflower seeds.



Planted with a power harrow drill combination mounted on tractor that steers itself using GPS. Using modern technology for the benefit of the environment.

Linseed and vetches will be broadcast before rolling the seeds in. The resulting crop will provide food for a variety of birds during the year ahead increasing the diversity on the farm.

It's with regret that we have to announce that **WE WILL NOT BE SUPPLYING BREAD IN BOXES.** Thank you to all of you who got back to us expressing interest in getting the bread delivered in your box. Unfortunately the demand was not sufficient to make it workable for us.

If you are in Plymouth you can buy the bread from the Column Bakehouse or from **Fairport Coop** <http://www.fairport.coop/> who trade from Plymouth City Market, Stall 99, 6 days a week, Monday - Saturday 9.30 - 4.30pm and 9.30 - 3.30pm on Wednesdays. Fairport sell fair-traded, cruelty free, organic and non- organic food and household products.

## WHAT TO DO WITH TURNIPS



Turnips are one of the first new season crops to come in but often people don't know what to do with them. Young fresh white turnips can be a beautiful sweet surprise, just try slicing them thin and frying with mustard and honey. Or try this Month's recipe... **Mashed turnips with cheese**

**Ingredients**  
250g fresh white turnips  
3 tbsp butter  
4 oz hard cheese  
salt & freshly milled black pepper

### Prepare the turnips

Peel and chop the turnips into 2 cm cubes. Boil in salted water for around 30 minutes until soft. Drain and mash well.

### Add cheese and seasoning

Grate the cheese and add to the turnips with the butter and salt and pepper to taste. Stir well until the cheese has melted