

Newsletter

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NEWS - Keveral Community Of Growers at Looe Festival of Food 27th and 28th June



Foodies from far and wide are invited to gather in a celebration of all things edible in the coastal town of Looe. With more than 12,000 people in attendance at the 2014 Looe Food Festival, 2015's shindig is set to be a bigger, better and, all-in-all, un-missable event.

In a pavilion overlooking the East and West Looe rivers, the festival will offer attendees a true taste of the country and a weekend of fun in the sun. Chefs will be demonstrating recipes and there are suppliers of goodies from all over the area. Come and find our stall if you are in the area.



Meet your suppliers: Penbugle Organic Farm

If you get eggs in your box then they come from Penbugle Organic Farm, a farm that produces organic eggs and rare breed meat.



The Ridout family: John, Lizzie, Maddie, Steph and Reuben have been farming there since December 2005, after moving down from a family farm in Shaftesbury, Dorset.

They have a four flocks of hens, kept in mobile free-range sheds, and with access to hectares of pasture to do all the things chickens like doing: having dust baths, scratching, pecking, gossiping... and of course, laying beautiful organic eggs.

June's recipe. Broad Bean Falafels, One of the best things to do with spare Broad Beans

150g dried broad beans , 200g dried chickpeas
1 medium onion , 2 cloves garlic
1 bunch parsley, 1 pinch cayenne pepper
1 teaspoon ground coriander, 1/2 teaspoon ground cumin
1 teaspoon bicarbonate of soda , 1 pinch salt and freshly ground black pepper, to taste, oil, for frying

1. Put broad beans in a bowl and cover with cold water. Soak for 2 days, changing the water once a day; in the summer change it twice a day.
2. On the second day soak the chickpeas in a separate bowl.
3. Drain beans and chickpeas. Remove skin from the beans (very important).
4. Roughly dice the onion and garlic. Tear off the parsley leaves. Puree with the chickpeas and beans finely in a food processor always pushing down the mixture from the edges of the container so that everything is pureed well and evenly.
5. Add the spices, bicarb, salt and pepper. Leave the mixture to stand for 30 minutes.
6. Make 25-30 small balls and flatten them out a bit. Place on baking paper and allow to stand for another 30 minutes.
7. Heat sufficient oil in a frypan and fry six falafel at a time. When they are crispy and brown on the bottom, turn once and gently fry the other side until crispy. Remove from frypan and drain on paper towel.
8. Serve warm or cold with pita, salad and tahini sauce.