

Newsletter

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Oct/Nov 2015



NEWS - NEWLETTER AT LAST.. sorry it all got a bit on top of us over the last couple of months and we didn't manage to bring out a newsletter.

Autumn is finally here. Looking out over the valley from Keveral the trees have turned a mass of colours and in the fields the crops and the weeds ! are slowing down, which is great as they were keeping us on our toes. The tunnels have been cleared of summer crops and the winter salads are going in. There may be a bit of a break in some salad supplies as the cross over occurs. At this time of year crop growth is much slower so we need a lot more area in salad to keep supplies going.

Changing with the seasons ..Welcome to Oli and Holly from Keveral Farm who have joined the community of growers packing, delivering and growing. Thanks to Sean and Brian who are stepping back their involvement to concentrate on growing the Modern Salad Grower. We will still be getting some produce from them to fill the boxes.

Mystery payments- We still have some more mystery payments into our bank this month. These are from customers who have not added a note to the payment to explain who it is from, or that have a different name from the veg box account. PLEASE CHECK YOUR STATEMENTS and if payments you know you have made are not on it please call Bill so we can allocate them to your account. PS if you have done this before please can you still contact us.

Storing Squashes - Some customers have remarked about the number of squashes that we have put in the box over the last month. We are not trying to force you all to eat squash constantly. At this time of year the squash harvest comes in. These versatile fruits will store for months kept in a relatively cool dry place provided they are not cut open. So we give them to you now in the hope you will keep them into the winter. Once cut into them they can be frozen either as raw cubes, cooked cubes or as a puree. So there is no need to eat them all at once or watch them rotting on the veg shelf.

This month's recipe

Sweet, spicy slow baked beetroot recipe

Ingredients:

- 225g of baby beetroot, washed and topped, tailed and peeled. Or the same amount of more elderly beetroot (the same washing, topping, tailing, peeling treatment) and then sliced into 2 cm chunks.
- 2 tbsp of Extra Virgin olive oil
- 0.25 tsp of cayenne pepper (0.5 tsp for the chilli initiated)
- 0.5 tsp of finely chopped garlic
- 1 tsp of fresh lemon juice
- 0.5 tsp of white wine vinegar

Method:

1. Prepare the beetroot.
2. Combine the olive oil, cayenne pepper and garlic in a small ovenproof pan that has a lid. Turn the beetroot through the mixture and bake in a low oven (160c, 140c fan) for 40 - 60 minutes with the lid on.
3. When the beetroot is soft and yielding pour over the white wine vinegar and fresh lemon juice and turn over the beetroot to absorb. Add a decent twist of freshly ground black pepper.