

# Newsletter

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## Jan 2016



**Local - Organic - Fresh**

**NEWS** - Dark mornings, rain and wind, but actually not that bad a winter, so far. Everyone on the farms are up and running after taking a short winter break, though we may be starting a little later still and enjoying a lie in.

Salads and Chinese brassicas planted in the tunnels at the start of the winter are getting larger now the days are lengthening and with the un-seasonally high temperatures. But we wouldn't be farmers without moaning a bit. So ... its maybe a bit too warm, we have greenfly on some of the salads and we have to watch the ventilation to keep moulds in check and its possible the spuds wont store for as long as they sometimes do.

Hopefully though the temperatures will keep up and we will have a late winter full of lovely greens and maybe even a shorter hungry gap than usual.

**GM insects and possible unintended consequences !**  
Genetically Modified organisms are not allowed under Organic Regulations. It may be that at some time in the future after lots of testing over significant periods of time they may offer benefits for humanity. However for now the Organic movement has opted to follow the precautionary principle and avoid releasing them into what are



complicated ecosystems with many connections between components that are not always obvious.

**Zika virus.** So I was interested to read in the Ecologist online this month that it is possible that there may be a link between the development of the Zika virus epidemic in Brasil this year and GM mosquitos released in the same area since 2012 with the intention of reducing mosquito borne disease. The virus has been linked to Microcephaly in children in the area.

It's a complicated discussion but appears well researched. The gist of it is that the genetic "tools" used to alter the mosquitos may have altered the virus too and made its effects on humans much more serious. Use of antibiotics in

farming systems in the area may have caused GM mosquitos designed to be infertile to in fact have up to 15% of their offspring survive to breed again whilst hosting the same genetic "tools" capable of mutating the virus.

For the complete reports explaining this see [http://www.theecologist.org/News/news\\_analysis](http://www.theecologist.org/News/news_analysis)

**Jan recipe. - Cauliflower and Crispy Roasted Kale**



**Ingredients**

1 head cauliflower, (0.8- 1 kg), in florets  
60 mL lemon juice, 2 tbsp olive oil  
1/2 tsp sweet smoked paprika, 1/4 tsp salt  
450g kale, 1/2 tsp fennel seeds

+ horseradish, mustard and olive oil vinaigrette

In large bowl, toss together cauliflower, 2 tbsp of the lemon juice, 1 tbsp of the oil, paprika, salt and coarsely ground fennel seeds. Roast on parchment paper-lined baking sheet in top third of 400°F (200°C) oven until light golden, about 30 minutes. Transfer to large bowl; let cool.

Roughly tear leaves from kale stems; reserve stems for another use. Toss leaves with remaining oil. Spread on 2 parchment paper-lined baking sheets; roast in top and bottom thirds of 400°F (200°C) oven, switching and rotating pans halfway through, until wilted and slightly crisp around edges, about 20 minutes. Toss with remaining lemon juice.

**Vinaigrette:** Meanwhile, in small bowl, whisk together oil, vinegar, horseradish and mustard; stir in shallots, salt and pepper. Add to cauliflower mixture along with kale; gently toss to combine.