

Newsletter

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March 2016



Local - Organic - Fresh

NEWS - The hedgerows are buzzing. The birds are singing. It finally feels like the year is getting going. At Keveral Oli and Lotta's Bees have survived the winter and are getting going. Because of the complete absence of manufactured herbicides and the severely restricted use of pesticides, organic farms are havens for wildlife and provide homes for bees, birds and butterflies. The stupid young pheasants are out in force wandering around and getting into trouble.

As Organic farmers we help to look after wildlife by managing and maintaining habitats, which is a vital part of a successful organic farm. At Keveral and Trierieve hedgerows are managed to increase diversity. Wild flowers are bursting out all over ready to provide pollen and nectar for our insect friends and insects for everything that eats them.



The community at Keveral all got together last weekend and repaired a section of dry stone wall. The gaps and cracks in the walls provide homes for different varieties of bees, other insects, animals and plants.

This helps organic farms support up to 50% more wildlife - that's more of our great British bees, birds and butterflies for us all to enjoy! And at this time of year it really feels like it.

I want green things

After a long winter my body craves light greens. We have lots of lovely salads. The mixes include: many varieties of lettuce leaf, claytonia, red and green mizuna, a bit of fresh new chickweed (it's a wonderful wild food), purple frills mustard and some small chards.



Salads in the tunnels at Keveral. There have been frogs jumping around in this lot looking for slugs. Thankfully there are not too many of those.

March recipe.

Braised red cabbage with bacon and apple.

2 rashers organic smoked streaky bacon, sliced
1 tablespoon fennel seeds, bashed
1 onion, peeled and sliced
2 good eating apples, peel & chop into small pieces
1 red cabbage, chop into chunks
sea salt, freshly ground black pepper
150 ml balsamic vinegar, Olive Oil
1 small knob butter
1 handful fresh flat-leaf parsley leaves, chopped

Pour some olive oil into a saucepan, get it hot and add the bacon and fennel seeds. Cook until golden then add the onion and continue to cook, with the lid on, for a few more minutes until golden and sticky. Add the apple, followed by the cabbage chunks, salt and pepper and the vinegar, and stir everything together well.

Put the lid back on and continue to cook on a low heat for an hour, checking and stirring every so often until cooked through and sticky.