

# Newsletter

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## May 2016



**Local - Organic - Fresh**

### NEWS - Lots of lovely produce on the way !

The tunnels and fields are starting to be full of great produce that has been lapping up the sun. we have enjoyed baby turnips, greens and salads over the last few weeks and are looking forward to much more. Toms and Cucs are coming and we will be enjoying the Candy family's spuds again soon.

We have had the first of Oli and Charlotte's lovely Rhubarb. The harvest is a task as you can see below.



**Congratulations** go to them for securing some new land which will be churning out lovely Organic fruits in a few years. Well done guys. We cant wait.

We are all getting stuck into harvesting. Hopefully we will be enjoying the Candy family's spuds again soon.



The peas and beans  
are coming on at  
Keveral

(secretly we are  
hoping for rain)

Thanks to Katie and Lambrini for the first of the years strawberries. Things are looking good on the fruit front.

This week we also have the first of our baby new year carrots. Munch them up.



**May recipe.** - Keep it simple....

**Ingredients** . Baby turnips and Baby carrots

1 1/2 tablespoons unsalted butter  
1/2 teaspoon sugar, Salt and pepper

### Directions

Trim baby turnips and carrots, leaving about 1/2-inch stems if green were attached, and peel if desired. Steam separately, covered, until just tender, 6 to 8 minutes. (Vegetables may be prepared up to this point 1 day in advance and kept covered and chilled.)

In a large heavy skillet cook vegetables in butter with sugar and salt and pepper to taste over moderately low heat, stirring, until heated through and glazed, about 4 minutes. Yum.

**Top Tip** - Keep your green crisp by putting the cut ends in water like flowers and keeping cool. Change the water every day. This may revive limp leaves too.