

Newsletter

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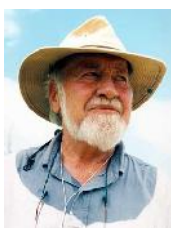
September 2016



Local - Organic - Fresh

NEWS - We hope all our customers had a great summer. Our small team took some well needed breaks covering each other's jobs. We are now all back and looking forward to the Autumn. Now is the time to start planting many of the winter crops that will be feeding us over Christmas and the new year so tunnels are being prepped and seeds planted.

Bill Mollison the Australian founder of Permaculture movement died on 24th Sept.



Permaculture aims to teach the practical design of sustainable soil, water, plant, and legal and economic systems which enable human beings to live within their means and for all wild life to flourish with us.

Keveral Farm has been heavily influenced by permaculture principles and ethics, with this box scheme being founded as part of the system to support the community who live here; to encourage small scale sustainable farmers and to supply good local food to local people, reflecting these ideas.

"The greatest change we need to make is from consumption to production, even if on a small scale, in our own gardens. If only 10% of us do this, there is enough for everyone. Hence the futility of revolutionaries who have no gardens, who depend on the very system they attack, and who produce words and bullets, not food and shelter."

Bruce Charles 'Bill' Mollison 1928-2016

Soil Association joins the Alliance to Save our Antibiotics

Many of you will probably be aware what is described as the 'antibiotics crisis' where overuse of antibiotics is resulting in the emergence of antibiotic resistant organisms with grave threats to health.

New research has revealed the presence of antibiotic resistant E coli in UK origin pig and chicken meat sold in seven major UK supermarkets.

Overuse of antibiotics in farming is contributing to deadly drug resistance. 40% of antibiotics are given to animals, often routinely when they are in good health.

It is vital to encourage farming systems that keep animals healthy without abusing medicines that are crucial to human health. Organic farmers have been doing this successfully for years. Animals should be kept healthy through good welfare.

The Alliance is calling on UK supermarkets to act & work with farmers and suppliers to adopt a publicly available policy on farm antibiotic use within your supply chain, to cut out the routine and prophylactic use of antibiotics and to stop using the 'critically important' antibiotics for animal use. For more detail see. www.soilassociation.org/supermarketsuperbugs/

September recipe. - Root Veg And Bean Stew

Ingredients: The recipe suggests using parsnip and kohlrabi, BUT you can use it to finish off almost any leftover vegetables. **Serves 4**



1 medium onion, peeled and chopped, 2 cloves garlic, peeled & crushed, 2 medium leeks, 2 medium carrots, 1 parsnip, ½ kohlrabi (or cauli stalk), 1 potato, why not throw some greens in too.
1 tablespoon olive oil, 1 tin tomatoes, chopped
500ml water & a vegetable stock cube
200g butter beans or cannellini beans, cooked
1 tablespoon fresh thyme leaves, 1 teaspoon yeast extract, Salt & pepper to taste

Method: Pre-heat the oven to 160C. Heat the oil in a large pan. Gently saute the onion and garlic for 5 minutes. Wash the leeks thoroughly to remove any grit and slice into 1 cm rings, use the softer greens. Scrub the root veg and slice into 1 cm chunks. Add the carrots, parsnip, kohlrabi and leeks to the pan. Add the tomatoes, tomato puree, stock cube, yeast extract and thyme leaves. Mix well. Add the beans and stir. Pour into an oven-proof casserole dish. Cover and bake for 45 minutes, until all the vegetables are soft and the sauce has thickened.