

Newsletter

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or email orders@keveral.co.uk to order



November 2016



Local - Organic - Fresh

NEWS - Christmas is coming. We all get a break. Yes Christmas is coming. Our arrangements for deliveries and for ordering extra winter items are as follows.

CHRISTMAS DELIVERY DATES....

We will be delivering on WEDNESDAY 21st DEC for all customers and then will not deliver again until the 4th Jan 2017.

You can of course order a larger box than usual for delivery on these dates. Orders by the 17th Dec please.

Extra Veg Top Up..... We can provide an additional £10 of produce that will last for some time...ie potatoes, beetroots, parsnips, carrots, squash, green and red cabbage and onions for anyone who wishes to receive it on the 21st Dec BUT we would appreciate orders in advance by Sat 17th Dec please.

Did you know you can eat your Squash seeds.

Yes, all squash seeds are edible and have useful nutritional value. You can eat the seeds from butternut squash, acorn squash, spaghetti squash, You can use them just like pumpkin seeds because pumpkins are also a variety of squash.



Squash seeds have a nutty flavour. They can be roasted and salted or spiced to enjoy for snacking, try some smoked paprika on them. While the

shell is edible, you can hull them after boiling or roasting to use just the kernel, known as pepitas.

The kernels are often used in soups, salads, and desserts such as pepita brittle.

Roasted squash seeds can be stored for long periods, so you don't have to eat them right away. They keep at room temperature for up to three months. You can use them for up to a year if you refrigerate or freeze them.

November recipe - Roasted Swede and Spinach Risotto - Serves 4 (starter) 2 -3 as main course.

2 mugs of swede, peeled and diced into 1cm cubes
Olive oil, Salt and freshly ground black pepper
1 onion, peeled and chopped, 1 mug risotto rice
Half a mug of white wine, 2 tbsp double cream
4 mugs of simmering chicken or veg stock



One third of a mug grated Parmesan cheese

A couple of handfuls of spinach leaves (or other greens)

Toss the diced swede in a little

olive oil, season well and place on a baking tray in oven for 20 min (190C, 375F, gas 5), turn, until the edges start to brown off. Set aside to cool.

Sauté the onion with a bit of olive oil for 3-5 minutes. Add the rice and wine and slowly simmer until the wine has almost evaporated, stirring constantly. Add stock a little at a time, keep stirring. Only add more stock when the rice starts to thicken and get sticky. Keep the stock simmering in a separate saucepan. Continue doing this till the rice is cooked through. Finally, add the cream and half the Parmesan, stir through the spinach and baked swede, season and remove from the heat when the risotto is nice and sticky. Sprinkle the remaining cheese over each dish and serve.