

Newsletter

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**Local - Organic - Fresh
and 20 years old**

NEWS - Winter brassica planting has been going on at Buckenvoir Trough, part of the land Bill from Keveral Farm manages. Cauliflowers, Broccoli, kales and cabbages have all gone in for later in the year through to march.



Its intermediate tech planting and maintenance. The recently purchased international 434 (a fifty year old tractor) has helped to mark the rows and prepare the ground with the help of a contractor to do the hard bits.



The planting was then done by hand in a day by a team of four including Alfred and Dori students from Hungary who are studying how sustainable different sorts of small scale farming are.



Netting has been put on to protect from rabbits, deer and birds and to hold more moisture in. Then fortunately it rained to water everything in.

Then unfortunately it wouldn't stop raining so we have been grateful of a few days with less rain that have finally let us get in with wheel hoes and set the first lot of weeds back.

The rest of the field will be sown with a mixed green manure crop to accumulate nutrients ready for next year's crops.

July recipe - Green Beans With Mushrooms and Crispy Onion Rings

Ingredients

Serves: 4

1/2 small red onion, cut into thin rings and separated

2 tablespoons all-purpose flour salt and black pepper

2 1/2 tablespoons olive oil

250g button mushrooms, sliced

150 ml milk

200g green beans,

DIRECTIONS

In a bowl, toss the onion with 1 tablespoon of the flour and $\frac{1}{4}$ teaspoon salt. Heat $1\frac{1}{2}$ tablespoons of the oil in a large frying pan over medium-high heat. Cook the onion, stirring, until golden brown, 1 to 2 minutes; transfer to a plate.

Wipe out the frying pan and heat the remaining tablespoon of oil over medium-high heat. Cook mushrooms, stirring, until tender, 5 to 6 minutes.

Reduce heat to medium. Sprinkle the remaining tablespoon of flour over the mushrooms and cook, stirring, for 1 minute. Add the milk and $\frac{1}{4}$ teaspoon each salt and pepper. Simmer, stirring, until mixture begins to thicken, 1 to 2 minutes. Add green beans and cook until heated through, 3 to 4 minutes. Top with the onions.