

# Newsletter

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and 20 years old**

**NEWS - Super Strawberries a hit at the Liskeard Show** - The Community of Growers enjoyed the Liskeard Show at the weekend. Marion & Jim from Trierieve Farm and Holly and Thiago from Keveral Farm sold produce from our stall and talked to people about the veg boxes. Potatoes came from Trierieve. Greens came from Keveral.



Ollo Fruit supplied the amazing strawberries, rhubarb and carrots. The



Strawberries and other soft fruit is available direct from Oli and Lotte at Ollo Fruit. Slight seconds suitable for jam are available at a discount price. **Tel: 07505 229 388** to order.

**Planting at Trierieve and Keveral.** Leeks, a variety of cabbages, cauliflowers, broccoli and swedes are being planted around now to supply the boxes over

the winter. So we are glad of some rain. Hopefully the sun will be back soon, after a good soaking.

**Water problems at Keveral.** At Keveral Farm the water flow has been low so the hydro ram pump is struggling to keep up with demand. The back up diesel pump also has a problem so water is precious until things are resolved.

**The Summer Crops** are just starting in the polytunnels. Mangetout peas and French beans are getting going. The cucumbers are also starting this week and the tomatoes are not far behind. If the sun comes out you will soon be getting lots of these tasty items.

**July recipe - Summer Pudding.. we've done it before but its so good, make it the day before you eat it. This is a fancy one.**

#### **Ingredients**

Serves: 6

600 g (1 lb 5 oz) mixed summer fruit (raspberries, blueberries, redcurrants, sliced strawberries)  
2 ripe peaches or nectarines, stoned and diced  
3 tbsp sugar, or to taste  
150 ml (5 fl oz) cranberry juice  
8 thin slices white bread, about 200 g (7 oz) in total, preferably 1-2 days old

Crush the different types of fruit to be sure the fruit is pulpy. Put in a large bowl with the sugar and juice and stir to mix. Leave for 2 hours.

Cut the crusts from the bread and cut up to line the bottom and sides of a pudding basin and enough bread to cover the top

Pour the fruit mix into the bread-lined basin. Top with the remaining bread. Cover with a plate that fits inside the rim of the basin directly on top of the bread and weigh down.. Place the basin in the fridge to chill for 8 hours or overnight.

To serve. Turn out onto a serving dish. Brush juice over any parts not coloured.

Try using brioche instead of white bread !