

# Newsletter

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## June 2017



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

**NEWS - Big thank you to everyone who came to the open day on May 27<sup>th</sup>.** It was great to see so many people. We had talks on nutrition, fermented foods (great for preserving your surplus veg) and mushroom growing. Gardener's Question Time. Farm Walks. Some great musicians. Some great food and the amazing 'Man vs Machine' mowing competition which was well won by Kevin and his enormous scythe in half the time of the competition.



Relaxing in the sun at Keveral Farm open day.

**Very sorry about the last newsletter !** A last moment printer meltdown meant that not everyone received a legible newsletter last month. All fixed now. Never fear you can catch up with any missed newsletters on our website. [www.keveral.co.uk](http://www.keveral.co.uk)

We have the **first carrots of the season** from the Keveral tunnels in you in the box this week thanks to James who also churned out pizzas at the open day. There is one place left on the course to learn how to build a cob pizza oven. Book now on the Keveral farm website [www.keveral.org](http://www.keveral.org)

### **Keveral Community of Growers the Story. Part 5**

**Community of Growers to the rescue.** The problem with the box scheme is it's not a large enough business to support the employment of staff, lots of overheads and the purchase and running of delivery vehicles. It took us a long time to figure that out, initially as it was just one bit of a bigger farming venture and then because we were too inexperienced at business.

Running the scheme itself is a full weeks work but work that's needed to be done in three days. Its really not

possible for one person to do it and grow vegetables as well.

Permaculture principles describe this sort of problem as a single element in a system carrying out many functions which is fine unless the element can't do it. Looking at natural systems there are always many elements carrying out important functions so if one fails there is often another that backs it up and the system doesn't collapse.

When Sean took on managing the box scheme to rescue it in 2009 he soon found that this is a challenge. However all the suppliers got together and various people offered to take on different tasks in order to make it work. After all it sells our veg.

So the Community of Growers was born. People contributed a few hours each week to sorting out the orders, packing or delivering to different areas. At first we were all volunteers contributing our time for free to help make the scheme work. For most people that's a long morning or afternoon's work each week. We even started to deliver to Plymouth. Eventually we settled into a rhythm that works and now we can offer a basic wage to everyone who helps get your box to you.

### **June recipe - Braised Little Gems**

- 1 tbsp olive oil
- 200g smoked bacon lardons
- Knob of butter, plus a little extra
- 4 large shallots, thinly sliced
- 5 little gem lettuces, halved lengthways
- 150ml white wine
- 200ml chicken or vegetable stock
- 3 tbsp double cream



Preheat the oven to 180°C/fan160°C/gas 4. Heat the oil in a large shallow casserole, then fry the bacon until it's crisp. Remove with a slotted spoon. Add the butter. When it begins to foam, add the shallots to the pan. Soften over a low heat for 10 minutes.

Arrange the little gems, bacon and shallots in an ovenproof dish. Season, drizzle with any pan juices and dot with a little more butter.

Pour the white wine and stock over the lettuce halves, then cover the dish tightly with foil. Cook in the oven for 40 minutes or until the lettuces are tender. Stir in the cream, then adjust the seasoning to taste. Serve with crusty bread for mopping up the juices.