

# Newsletter

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## Local - Organic - Fresh and 20 years old

### NEWS - Autumn Brassicas are here.

Autumn is officially now here. Leaving us wondering where the summer was. We have been picking up hazel nuts before the squirrels get them and the sunflower seed experiment seems to have produced a reasonable amount of seed.. But now to get the kernels out.

We have a selection of tasty brassicas that are now coming ready to harvest. The lighter oriental greens will be in the boxes on and off. They are quicker to cook and more easily digested than the heavier brassicas. They also make great salads when young.



Kale is low in calories, high in fiber and has zero fat. 100g of kale has only 20 calories, 3 grams of fiber and 0 grams of fat. It is great for aiding in digestion and elimination with its great fiber content. It's also filled with many nutrients, vitamins, folate and magnesium. We have a variety of kales, Red Russian with its frilly purple and green leaves. Calvolo Nero with its long thin dark green almost black leaves and good old curly Green Kale.

We have some green broccoli (the traditional fluffy headed calabrese...once known as Italian Broccoli) and some Romanesco Broccoli with its interesting fractal curds. Broccoli contains more protein than most other vegetables.

A variety of green, white and red cabbages and plenty of cauliflowers should see us through to next spring.

Most brassicas can be enjoyed both raw and cooked, but when raw are quite tough on your digestive system. Traditionally most are boiled. This is not a good practice as the boiling (for just 3 mins) destroys the vitamins and key phytonutrients (other plant nutrients not vital for life but often with health benefits) recent research shows that gentle steaming provides the most health benefits.

**Other green things** ...We have also had green mandarins in the fruit boxes. These green fruits do not change colour when ready to eat, so tuck in.

### October recipe - an idea for using those roots Root Veg Tarte Tatin

**Pastry from** - 175g plain flour, 1 teaspoon salt  
110g chilled unsalted butter, cut into pieces  
2 tablespoons apple cider vinegar.

Make your rough pastry, kneed into a 12 inch round.

**Ingredients** - A Medium potato, 1 medium beetroot, 2 medium carrots, 1 medium parsnip, sliced into rounds (go on chuck a bit of squash in too) 1 small red onion, sliced into rounds.

60 ml olive oil, salt and freshly ground black pepper  
40g sugar, 1 tablespoon white wine vinegar  
3 teaspoons chopped fresh herbs (rosemary, sage etc) and 4 ounces fresh goat cheese.



**Method**-Preheat oven to 200°C. Toss roots and onion with oil on a rimmed baking sheet; season with salt and pepper and arrange vegetables in a single layer. Roast in until golden around the edges and tender, 30-35 minutes. Let cool.

Meanwhile, cook sugar and 2 Tbsp. water in a small saucepan over medium-high heat, swirling pan occasionally, until mixture is amber-colored, 5-7 minutes. Remove from heat and add vinegar and a pinch of salt, swirling pan to combine. Quickly pour caramel into a 9"-diameter pie pan; tilt and rotate pan to evenly coat bottom with caramel. Scatter rosemary and sage over top.

Arrange roots snugly in a single layer on top of caramel, using smaller carrot and parsnip pieces to fill in any holes. Scatter onion rings and crumble goat cheese over vegetables.

Drape dough over vegetables, tucking edges into pan. Prick dough all over with a fork. Bake until crust looks dry, about 20 minutes; reduce heat to 175° and bake until crust is golden brown, 15-20 minutes. Let tart cool 5 minutes before inverting carefully onto a large plate.