

# Newsletter

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## Sept 2017



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

**NEWS - Summer Markets take produce to more local people.** We had a great morning at Liskeard Ploughman's Festival on 19<sup>th</sup>. Jim and Marian went to talk about how we grow organic veg for the box scheme. Welcome to our new customers who signed up after the event.



Meanwhile back in the fields a little dry weather at last enabled us to hoe some crops that were badly in need of it. This means there may be some green kale on the way soon. We hope you have all enjoyed the sun too.

Talking of sun. Bill at Keveral has tried an experimental crop this year. Amongst the peas and the cucumbers there are several hundred sunflowers. They are being grown for the seeds but there are unlikely to be enough for them to be shared through the box scheme.



**Sunflowers at Keveral.**

We have been supplying some lovely Chioggia beetroots in your boxes. These coloured beets are sweeter than the purple beets and have amazing colour. But if you cook them too much they fade. Here is an idea of how to use them.

### **September recipe - CHIOGGIA BEET SALAD WITH BEANS, GOAT CHEESE AND PESTO**

#### **Ingredients**

- 1 medium chioggia beet sliced
- 1 medium golden beet sliced
- 200g beans
- 2 ounces goat cheese
- 2 tablespoons raw cashews
- Pesto to taste



#### **DIRECTIONS**

- Prepare some pesto ...or get a pot !
- Slice and steam the beans lightly so still vibrant and green.
- Wash the beets and peel them.
- Using a mandolin slicer, thinly slice the beets and arrange them on a plate with the beans.
- Sprinkle on the goat cheese and cashew pieces.
- Drizzle desired amount of pesto over everything.