

Newsletter

Contact us on 01503 250 343
or email orders@keveral.co.uk to order



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

NEWS - Christmas is coming. In fact it seems to be arriving faster than usual. We are all looking forward to a break.

Our arrangements for deliveries and for ordering extra winter items are as follows.

CHRISTMAS DELIVERY DATES...

We will be delivering on WEDNESDAY 20th DEC for all customers and then will not deliver again until the 3rd Jan 2018.

You can of course order a larger box than usual for delivery on the 20th

Orders by the 17th Dec please.

Extra Veg Top Up..... We can provide an additional £10 of produce that will last for some time...ie potatoes, beetroots, parsnips, carrots, squash, green and red cabbage and onions for anyone who wishes to receive it on the 20th Dec BUT we would appreciate orders in advance by Sat 16th Dec please.

Lovely salsify

Some of last week's boxes were lucky enough to get portions of Jame's white salsify.

This great root vegetable is unusual and hard to come by. Its mostly confused with its black skinned relative scorzonera, which also gets called black salsify.

It needs to be dropped into lemon water as soon as its peeled to stop it discolouring.



It can be roasted, or boiled like a carrot, the flavour is delicate which has led to it being called the oyster plant. We love it.

December recipes (its not that we are feeling a little lazy.. just ran out of newsletter time.)

Herby roasties.

Toss all those lovely roots in some olive oil, honey and lots of dried herbs and roast them up.

Mixed vegetable mash

Boil up some spuds, carrot, swede and squash. Don't forget to add a little vegetable stock. Our top tip is to use a pressure cooker to speed things along. Drain and add some grated mature cheddar and then mash the lot.

Mix this with left over greens to make the best bubble and squeak.