

Newsletter

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



April 2018



Local - Organic - Fresh

NEWS - NOTICE OF EGG PRICE RISE - customers receiving eggs through the boxes are getting free range Organic eggs from Penbugle Farm. These can be a mix of sizes but are usually large eggs, this is how we have been able to supply them so competitively priced. We have kept the price down for the last two years but **from the end of May they will be going up to £2.00 for $\frac{1}{2}$ dozen.**

Help us keep box prices down. Please help us look after the boxes. They cost £1.70 each. Please take your veg out when its delivered, wipe the box out and store and return it to us on your next delivery.

Spring has sprung - and about time. We have got very used to early warm springs in recent years, so it has been a bit of a shock to get a more historically typical spring. The relatively extreme fluctuations of temperatures are still holding back the outdoor crops.



In the polytunnels things are coming on well. We have a range of integrated pest management techniques to help with pests including creating small ponds and habitats to favour predators. So far this month I have found several sloe worms and this frog amongst the salads.



It is good to realise that our farming techniques do help keep a range of other creatures alive, even those that are not of direct benefit to us. We believe that a good farming system enhances the habitats of creatures living around and within it, not destroys them.

Want to know what that weird vegetable is ?
Check Facebook or call Bill

Foraged foods - We put a range of sustainably foraged foods into the box through the year and now its wild garlic time.



May Recipe

Wild garlic houmous

2 x 400g cans of chickpeas
(reserve the liquid and a few chickpeas for decoration) / or
dried chickpeas soaked over-night
4 tsp tahini
30g wild garlic leaves/flowers, chopped (more or less to taste)
1 tsp crushed sea salt
6 tbsp quality extra virgin olive oil (plus extra for drizzling)
3½ tbsp freshly squeezed lemon juice
Paprika (optional)
Coriander or parsley leaves (optional)

Help us keep box prices down. Be a drop off point. Ask your friends to pick up their boxes from your house. We will be giving anyone who is a drop off 5% off their box for each other box delivered to their house.

Rinse the chickpeas in cold water and tip into the food processor. Add the tahini, wild garlic, salt, lemon juice and seven tablespoons of the reserved liquid from the cans. Turn on the food processor and slowly pour in the oil while it runs.

When the mixture is fully combined and smooth, tip it into a serving dish. Drizzle with some more extra virgin olive oil and decorate with a few whole chickpeas. Sprinkle with paprika and finely chopped coriander or parsley leaves, for colour.

Find us at
The Looe May Fayre on 5th May