

Newsletter

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



May 2018



Local - Organic - Fresh

NEWS- If you made a payment of £46.50 by mobile phone on the 8th to 10th of May please contact Bill ASAP

KEVERAL FARM OPEN DAY Saturday 16TH June Midday - 8.00 pm

Following on from last year's great open day, Keveral again welcomes all again on 16th June. Come join us for our annual open day here at the beautiful and relaxing Keveral Farm.

There will be:

Live music

Bar

Food - Wood-fired pizza, BBQ, Pasties, Cafe and Cake

Open mic - Bring your instruments and have a go, every participant gets a free drink!

Workshops - Willow weaving, pottery, Tai-Chi and more

Stalls - Plants, seeds, vegetables, crafts, fair trade

Talks and discussions

Swedish massage

Games and competitions - win a free veg box!

If you would like to get involved by having a stall, sharing a skill, giving a talk, running an activity, doing face paints or anything creative please get in touch.

Keep an eye on our FB page for updates.

EGG PRICE RISE IN EFFECT - A reminder that eggs are now **£2.00 for ½ 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.

Strawberries are coming:



BUT Coming soon....

You may have noticed its rhubarb time. Do make the most of it, as it will be gone by the end of the month.

Ever wonder what to do with the joy that is rhubarb at this time of year?

Well you can freeze it very easily. Just cut stalks into pieces; lay them flat on a parchment-lined baking pan. Freeze until firm, a few hours. Transfer to freezer bags and store in the freezer for up to a year. Or



Rhubarb & Ginger Oaty Slices

Sort of a crumble ... sort of a flapjack

Ingredients

4 full-size 'stalks' fresh rhubarb chopped into 1-cm pieces

2 tablespoons brown sugar

For the oaty mixture

200g of butter

55 g brown sugar

3.5 tablespoons clear honey

200 g gluten-free rolled oats

115 g ground almonds

1 teaspoon ground ginger

custard ice cream or cream, to serve ! (optional)

Instructions

Pre-heat the oven to 210C and line a tray with baking paper.

Heat the rhubarb and sugar in a large pan with 1 tablespoon water for 10 minutes until cooked down but with some pieces of rhubarb still whole. Set aside.

In another pan, melt the butter, sugar and honey, then take off the heat and stir in the oats, ground almonds and ginger until all the oats are well coated.

Spoon two thirds of the oaty mixture into the baking tray and press down well with the back of a metal spoon. Spread the rhubarb over the oats, then sprinkle the rest of the oaty mixture over the top.

Bake for 20 to 25 minutes or until the oats are golden brown. Leave to cool before cutting into slices or serve while still slightly warm with custard, ice cream or cream. Will keep in an air-tight container in the fridge for a few days