

# Newsletter

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## Sept 2018



### Local - Organic - Fresh

**NEWS- Autumn is here and its glorious.**  
We are all loving the burst of hot, clear autumn days. It's the last burst for the outdoor crops and we have been sowing and planting through September. But its amazing how quickly the plant's growth starts to slow down once we are past the equinox.



Various people on the staff team have been away for short breaks over the last couple of months and we have been covering each other. I was lucky enough to take my bike on the ferry to Brittany where I saw many small organic farms and got to see the techniques they are using for growing.

**Help us keep box prices down. DO NOT STORE VEG IN YOUR BOX** Always empty your box when its delivered, wipe it out, dry it and store it in the dry to return to us on your next delivery.

#### **Mora farm produce in full swing.**

Oli at Mora Farm near St Neot has been providing a wonderful mixture of brassicas, squashes and roots into the boxes recently.

Larger boxes will have received the great butternut squashes. These are tricky crops to grow in the UK as they require a sustained length of hot weather to do their best.

The multi coloured carrots have been a great hit too. Who would have guessed that the carrot was once a thin white root growing wild before the plant breeders got hold of it. Now we have them in orange, yellow, purple and white.



#### **September Recipe - Autumn Harvest Soup with (Butternut) Squash, Kale, and Pearl barley**

Substitute any squash or green into this yummy recipe, or brown rice for a gluten free version.

#### **Ingredients**

100g pearl barley (or brown rice)  
1 onion, finely chopped  
2 tsp. olive oil, 1 tsp. dried thyme, 1/2 tsp. dried sage, 1 ltr vegetable stock  
750 g diced butternut squash  
300g chopped kale  
salt and fresh ground black pepper to taste  
1-2 T balsamic vinegar (optional)  
freshly grated Cornish Blue for serving (optional)

#### **Directions**

Cut butternut squash into small cubes  
Chop onion, then heat olive oil in bottom of large soup pot, add onion and saute about 5 minutes.  
Add thyme and sage and cook 2-3 minutes more.  
Add vegetable stock and bring to a low simmer.  
Add pearl barley to stock, then simmer 10 minutes.  
Add butternut squash cubes and simmer about 30 minutes, or until squash is quite soft.  
Use a potato masher to mash some of the squash so it dissolves into the soup, leaving other pieces whole.  
While soup simmers, wash and chop kale.  
Add kale to soup and simmer about 15 minutes more.  
Season to taste and stir in a tablespoon or two of balsamic vinegar right before you serve the soup.  
Serve hot, with freshly-grated Cornish blue cheese to add at the table if desired.