



# July Week 1

## Box Contents

The contents of your box this week will be made up of some of the following:

Name	Method	Source
Estima		Tenterden
Cucumbers (not in small box)	Organic	Ash
Broad Beans	Organic	Ash
Cabbage	Organic	Ash
Cherries		Maidstone
Tomatoes	No Sprays	Lyminge
Lettuce	Organic	Wye
Spring Onions	Organic	Wye

It looks like the weather is a mixed bag this week, so I have mixed in some veg and salad. When we get some sun you'll have to rush out in the garden with some salad and pretend we are having a great summer. The poor weather has resulted in a lack of strawberries locally, all washed away or rotting. I could go to one of the local large producers but to be honest the quality just isn't there, so we'll have to wait.

Well I reckon I am on about  $\frac{1}{2}$  a kg a day at the moment. Cherries that is... Although the weather has meant they suffer from some splitting, I think they have been superb. Leave the bright red ones to mature, if you can, and they become really juicy.

The scheme continues to expand, and as put some strain on deliveries. We are currently securing a second delivery van, but it is likely that we will have to move some Thursday deliveries to Friday. At the moment customers living in Medway/Strood/Gillingham are most likely to move but

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we will keep you posted and let you know as soon as we know!

Below is a recipe for the spring cabbage. You can always put the broad beans as well, just pre-cook them like the cabbage

## **Creamed Spring Pointed Cabbage and Potato Tart with Gruyere**

### **Ingredients**

450g short crust pastry  
350g cooked, shredded Spring pointed cabbage  
310g potatoes, scrubbed and sliced  
110g Gruyère, grated  
375ml single cream  
3 eggs  
salt and fresh ground black pepper  
freshly grated nutmeg

### **Method**

Preheat the oven to 180°C/gas 4.

Roll out the pastry and use it to line a greased 23-25 cm tart tin with a removable base.

Chill the pastry case for 30 minutes in the refrigerator, then line with greaseproof paper or foil and fill with baking beans. Bake blind for 15 minutes. Remove baking beans and paper or foil, then bake the pastry case for a further 5-10 minutes to dry out, without letting it brown.

To make the filling, squeeze as much water as you can out of the cabbage with your hands.

Cook the potatoes in a pan of boiling, salted water for about 4-5 minutes until just tender. Drain thoroughly.

Mix together the cabbage, potato and all but 2 tablespoons of the Gruyere.

Beat the cream with the eggs and season generously with salt, freshly ground pepper and grated nutmeg.

Place the tart tin on a baking sheet. Fill the pastry case with the cabbage and potato mixture, smoothing down. Pour in the cream mixture and sprinkle the remaining Gruyere over the surface.

Carefully transfer the tart, on its baking tray, to the oven, and bake for about 35-45 minutes until just set and lightly browned on top. Serve warm or at room temperature.

Don't forget Saturday 14<sup>th</sup> July is our next tasting day – chilled meats and chutneys..

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