



September Week 1

Box Contents

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

Name	Method	Source
White Potatoes	Organic	Wye
Carrots	Organic	Wye
Cauli		Sandwich
Salad bag	Organic	Wye
Tomatoes (not in small box)	No Sprays	Lyminge
Raspberries	No Sprays	Maidstone
Apples	No Sprays	Maidstone

Well back into the full swing again after the holidays, hope you had nice break. It looks like we shall be having a late summer again – well this weekend at least.

A pretty standard box this week, so I have put in a nice recipe for the cauli. We are starting to get some autumn veg through now – parsnips in the box soon – and I am already thinking about that dreaded word – Christmas!

I read with interest a recent article that ASDA was selling a 1.55kg chicken for £2. In order for the farmer to make any money at this price the birds are crammed in barns, fed hormones to take them to maturity at 4 weeks, and never see daylight. We have reported before some horrific stories on chicken, and it makes me wonder. If you just stand back and think for a second, what do you think you are eating if you can get a whole chicken for £2? That is less than the price of a tin of cat food..... Common sense must say there is something highly dubious here. The funniest part of the story was TESCO claiming the moral high ground by keeping their chicken at £3.39. Good on them I say, I'm sure the extra profit went back

to the farmer and future Tesco chickens will have better lives. I don't think so.

CAULIFLOWER, POTATO AND CHEDDAR SOUP

1 tablespoon oil
1 white or yellow onion, chopped
3 garlic cloves, minced
400 g potatoes, peeled and diced
1 cauliflower, chopped, stem peeled and diced
960 ml water or vegetable stock
2 handfuls grated cheddar cheese
180 ml milk
1/4 teaspoon dry mustard
Salt, pepper and grated nutmeg to taste
240 ml single cream

Method

In a soup pot, heat the oil over medium heat and add the onion. Sauté for about 7 minutes until softened, adding the garlic for the last few minutes.

Add the potato, cauliflower, water or stock and milk; bring to the boil. Reduce heat and simmer, covered, for 15 minutes or until cooked through.

Puree the mixture in a blender or food processor until smooth; return to the pot.

Whisk in cheese, mustard, salt, pepper, nutmeg and cream.

This Saturday we shall have a nice leg joint of venison ready for you to try as the game season is now open. We are getting some wild rabbits in as well, but game birds will not be in until mid/late October. The venison range will include sausages, burgers, steaks, shanks and leg joints. The venison is 'wild' in that it is free roaming on the Godmersham estate. It is not farmed. It should be noted that venison has only a fraction of the fat of beef, and US studies have shown that it has a good range of essential amino acids as well. So if you can get over the 'Bambi' syndrome it might be worth a try.

Also don't forget – Saturday 22nd September is our freezer sale. We will have some good discounts available.