

Your feedback

Your thoughts are important to us, so please complete the feedback form in your box / City Cousin folder and return it to the folder the following week. Or complete the online feedback form on our website at:

www.foodconnectadelaide.com.au or send an email to:
marketing@foodconnectadelaide.com.au

The corn issue

There was a problem with the first batch of sweet corn you received in your box several weeks ago. Our grower has worked very hard to solve this issue. The corn in your box is from a **new batch**. We have sought reassurances from the grower. He assured us that this crop will be sweeter. If there are any problems, we wish to hear about them asap. Please email simon@foodconnectadelaide.com.au if anyone has any problems. Please bear in mind that corn is at its sweetest as soon as it is picked. So, if possible include corn in your meal on the day you receive your box, or shortly afterwards.

Contact information:

Sally Fisher, City Cousin Coordinator: sally@foodconnectadelaide.com.au
Simon Martin, Enterprise Coordinator: simon@foodconnectadelaide.com.au
Kelly Jones, Feedback: marketing@foodconnectadelaide.com.au
Toby Syme, Subscriptions: orders@foodconnectadelaide.com.au
or **Phone: 08 8268 7776**

Andrea Hoffmann, Newsletter: scribe@foodconnectadelaide.com.au
Remember, our website www.foodconnectadelaide.com.au is only a click away and packed with tons of useful information.

Meal Planner

An updated meal planner for April is now available in the recipe section of the website. Thank you, Kylie!

Limes *(not confirmed at time of farmletter printing)*

The zest and juice of this citrus fruit is a great addition in cooking. The acidity of the juice is perfect for marinades. Or add it to fruit salads. The zest gives any cake or biscuit a great zing. A sprinkling of zest and/or a splash of juice adds the finishing touch to any piece of grilled or fried fish. Any other ideas? Please let us know!

Lettuce will be in your box soon! Due to the cooler weather, the lettuce is growing nicely and our growers will start harvesting soon.



Why fresh food is not cheap

by Mischelle Hill

(2009 NT RIRCD Rural Women's Award Winner and ex-mango farmer)

Like all businesses, farming involves financial risk taking every day. Each year is unpredictable, but generally we farmers hope for a fair price which allows us to go on and to pay for the next crop. If an annual crop fails for one of many reasons, you have no income for the year. If the farmer relies on 100% farm income, this can be devastating. Please consider the following to help explain the price of fresh produce, particularly good quality and/or organic:

- Seasonal variations - this can range from droughts to floods, extreme heat or cool periods, too much rain or not enough.
- Fertiliser application, pest and disease control - whether the farm is organic or not, this is costly and involves essential knowledge and constant focus to ensure protection of your crop.
- Irrigation costs - water is not cheap, and most crops need it to survive.

• Quality, Food Safety, Organic assurance programs - these assure the food you eat is 'safe' and that you have quality and food safety controls in place.

Along with these issues, farmers are generally price takers, as prices are set by markets or the wholesalers selling your product, and often the increasing costs are not being offset by the average price received at market. Other issues include, the effects cheap imports from overseas and oversupply of product have on our average price return, and the effect of demand from other industries have had on the cost for staff, land and water.

As an ex-farmer, I totally support what Food Connect is trying to achieve, creating an economically, environmentally and socially sustainable food system, which provides the people growing our food, with a stable and fair income.

Beetroot baffling you? Fear not! The suggestions below and on our website will guide you on your way to beetroot happiness...

Fresh beetroot has an earthy, slightly sweet flavour and is packed to the brim with nutrients your body will love – it's a good source of folate which helps in the formation of new red blood cells and is rich in betalains, the natural pigment reported to have antioxidant properties, which give beetroot its gorgeous colour.

Store it: Keeps up to 4 weeks in the vegetable crisper.

Use it: (Tip – To avoid stained hands wear gloves when peeling or slicing beetroot).

Chelsea's Balsamic Beets – Scrub beetroot and roast whole, drizzled with olive oil, balsamic vinegar and a sprinkling of salt and pepper (caramelises beautifully).

Beetroot and potato rosti – Boil 4 potatoes until semi-tender. Allow to cool, then grate. Combine with 2 grated beetroot and crushed garlic. Season to taste. Shape into patties and fry until golden brown on both sides.

Simmer 2 grated beetroot in vegetable stock until tender. Add to a basic risotto recipe for a vibrant hue.

Juice 1 beetroot with 6 carrots and a 3cm piece of ginger for an energy boosting juice.

(Kylie Markow)

The Kitchen Garden is open

– and we're celebrating with a unique competition!

The Adelaide Botanic Gardens Foundation is unearthing favourite recipes – family treasures or exciting combinations you've put together using produce from your garden or your favourite local producer. You could be one of three lucky entrants who win the unique experience of cooking up their recipes with a professional chef - an opportunity to taste, share and be inspired!

Any recipes are welcome but they must be original and contain at least one key ingredient that you've grown or sourced locally from a grower.

Recipes will be chosen from three categories:

- Youth
- Multi-cultural
- Old Favourites

To enter, email your recipe to: info@abgf.org or send your hand written recipe to:

(continued on page 3)

(continued from page 2)

Recipes >From My Garden Competition
Adelaide Botanic Gardens Foundation
PO Box 7349

Hutt Street SA 5000

Include your name, address, contact details and the category you've chosen. Hurry! Entries close on **Monday, 26**

April 2010!

What's in your box?

Apples (Fuji), onions (brown), spinach, capsicums (bell, pimentos and sweet banana peppers), carrots, potatoes (Pontiacs), beetroot, zucchini, butternut pumpkin. **There are no chillies in the box, they are all capsicums!**

Rockmelon, oranges (Valencia) and zucchini will end soon. Corn is back and the leek season is starting. Limes are here, but only for a few weeks, and may not make it into this week's box.

Box contents may vary, depending on box size.

Please fold here

Corn is back!

My favourite way of preparing it? Roasted! Prepare a marinade of olive oil, chopped garlic, chopped herbs, salt & pepper, a bit of ground cumin and ground chilli (optional). Toss your veg in this mix before you roast them in the oven at 200C. The corn will only take about 3-5 minutes. Don't keep it in there too long. Either take it out early and have as starter, or add to the other roast vegetables shortly before they are done.

Is this box organic?

Yes! **100% of your produce is grown organically**, without chemicals. 85% of our Food Connect producers are certified organic, the rest are practising organic methods or in conversion to organic. Organic production methods accurately reflect the true cost of food production as there is no hidden environmental or social cost associated with its production.

Important subscriber information

Delivery day - Collect your box (check that you have the correct size) and sign the sign-off sheet.

Boxes - Please return the box to your City Cousin when you pick up your next delivery. This helps eliminate waste and costs.

City Cousins - Please collect your box during pickup times. Should you not be able to do so, contact your City Cousin and make necessary arrangements. City Cousins are volunteers and not businesses, please respect their privacy.

Subscriptions - You can change box size and delivery intervals by close of business on Friday the week before your delivery is due. You can also renew or upgrade your subscription any time during your subscription period. You do not have to wait until the end of your subscription.

More meal ideas and recipes can be found on our website.

Do you have a recipe or written an article that you would like to share?

Send them to Andrea Hoffmann at scribe@foodconnectadelaide.com.au