

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

City Cousin Locations

You can change your City Cousin, if another pick-up location suits you better. Just send an email or call us.

- * Nairne
- * Mt Barker
- * Crafers West
- * Greenhill
- * Aldgate (from first week in May)
- * Stirling
- * Westbourne Park
- * Tranmere
- * Brompton
- * Eden Hills
- * FC Homestead - Woodville Nth
- * Brighton North
- * Kurralta Park
- * Unley
- * South West Community Centre

Contact information:

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Remember, our website www.foodconnectadelaide.com.au is only a click away and packed with tons of useful information.

How to renew my subscription?

You will receive an email from Food Connect approx. 1 1/2 - 2 weeks before your subscriptions ends. You can then pay by direct deposit - do not forget to write your name in the 'description field'. Then send us an email with the payment advice - and your uninterrupted box delivery is secured. If you choose to pay by credit card, call us and we will take your details. Payment for renewals should be received 1 week before your subscription runs out.

The Psychology of the Box

How has the box affected you? No shopping list? No rushing around (especially with children) to get all fruit & veg? On budget? Discovering 'new' produce and recipes? Let us know!



Food Connect Adelaide Update

We started with 70 boxes in our first week of deliveries. Every week since then, we experienced an increase in subscribers. Your support has been phenomenal! We are now in Week 7 and sending out 190 boxes. Due to this incredible support, we had to stagger subscriptions and people were put on waiting lists. Soon we will be able to clear the backlog. Thank you for your patience and understanding! But it is not only our subscribers and City Cousins that have blown us away. Our farmers, too, have become part of the Food Connect family. We are not just eating oranges - we are eating Humphrey Howie's oranges. These juicy apples that you love so much? You know they are from Michelle and

Chris McColl from Kalangadoo Organic. Our farmers are now planning their next sowing with us in mind. Asking us what kind of vegetables you, the Food Connect subscribers, would like? How cool is that?! What is equally amazing, two certified organic farmers have all these unheated greenhouses ready for tomatoes, zucchini, cucumbers, eggplants and capsicums in winter! Yes, winter. Due to the climate in the Riverland, it is possible to grow these vegetables in unheated (no carbon foot print!) greenhouses. With lettuces coming in your box soon, you will have locally grown, organic garden salads. This produce is not imported - you are supporting the growth of local farmers. Our Food Connect Family rocks!

The Swap Box

At your City Cousin's you will find a Swap Box. How does it work? If there is anything in your box that you still have in plentiful supply at home, or do not want, you can put that item in the Swap Box and take something from there in exchange.

The end of the rockmelon

Kev & Chris Magann grew the superb melons in your box. Weren't they just the sweetest and juiciest melons you have ever eaten? However, the season has come to an end. But don't despair! You can start looking forward to their stone fruit in spring.

Margaritas (submitted by Jamie A.)

3/4 lime for each person, sugar, ice, rock salt, tequila (optional, but it doesn't have that margarita kick without it)

Note: Many people add Cointreau as a standard to any margarita. If you like this, you may add it in place or some or all of the sugar (try it both ways to see which you like best!)

- Grab a blender. Slice limes into quarters. Cut out the flesh from the middle and add to blender, then squeeze remaining juice from the rind into blender. I use 3 of these quarter pieces for each drink.
- Add anywhere from 1-2 teaspoons sugar for each person.
- If you're using tequila, put a shot in for each drink. This is a great lime-aid without the tequila, but it definitely changes the flavour.
- Drop in 3-4 ice cubes and blend together. Keep adding ice until you get the consistency you want (slushy, limey goodness).
- For glasses, use fancy margarita ones or just small tumblers. Use the discarded rind to wipe juice around the rim and then dip each glass upside-down into the rock salt to coat the rim. Put glasses in the freezer to chill. Pour into glasses and enjoy!

Beetroot & Chocolate Muffins

These are all the rage! *Submitted by Kath* - recipe from Stephanie Alexander's "Kitchen Garden Cooking with Kids"

- * 80g butter
- * 1 large beetroot
- * 175g plain flour
- * 1 tspn baking powder
- * 2 tablespns cocoa
- * 1 large egg
- * 1/4 cup milk
- * 1/4 cup vegetable oil
- * 1/4 cup castor sugar
- * 1/2 cup well-packed brown sugar
- * 100g dark chocolate or white chocbits or macadamia pieces, or walnut

Directions:

- * Preheat oven to 180 C.
 - * Brush muffin tin with melted butter or use patty pans.
 - * Peel and grate beetroot.
 - * Sift flour, baking powder & cocoa into bowl. Beat egg and milk together in separate bowl.
 - * Combine softened butter, oil & 2 kinds of sugar & mix til creamy. Gradually add egg & milk mixture. Transfer batter to large mixing bowl,
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fold in sifted dry ingredients and then add grated beetroot. Mix well. Spoon mixture into muffin tin. Poke piece of chocolate or nut into top of each muffin. Bake 20 - 25 mins until muffins rise and feel springy. Enjoy!

Ps.: I added the zest of one whole orange to the mix and the muffins rocked! The beauty of organic oranges - you can use the zest without worries. Might be worth trying with limes?

What's in your box?

Apples (Pink Lady), pears, onions, spinach, carrots, celery, potatoes (Pontiacs), beetroot, butternut pumpkin, sweet corn, leeks. No limes this week, but hopefully next week. Some boxes may have celery leaves in a bag as they had to be trimmed to fit in the box. The leaves are a great addition to stocks, soups and stews. Box contents may vary, depending on box size.

Please fold here

Volunteers needed for our Food

Connect stall at the 2010 Sustainable Living Expo at the Noarlunga Leisure Centre on 1-2 May, from 10am-4pm. We would love to hear from you, if you can spare a few hours on either or both of these days! As subscriber and/or City Cousin, you know what Food Connect is all about and can help spread the word. Your help is greatly appreciated. If you are interested, please contact us at marketing@foodconnectadelaide.com.au

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