

## Your feedback

Your thoughts are important to us, so please complete the online feedback form on our website at: [www.foodconnectadelaide.com.au](http://www.foodconnectadelaide.com.au) or send an email to: [marketing@foodconnectadelaide.com.au](mailto:marketing@foodconnectadelaide.com.au)

### A backlog of vegetables?

Does that happen to you at all? Do you suddenly have an 'over-supply' of onions, for example? What do you do? **Caramelised onions!** Heat (2-3 Tbsp) olive oil in a frying pan over low heat, add (3 or 4) sliced onions and a good pinch of salt. Cook them slowly on low heat for about 15-20 minutes, stir occasionally to prevent them from sticking to the pan. When onions are soft, add a tablespoon or two of brown sugar and a (very) good splash of balsamic vinegar. Cook for a few more minutes until nicely sticky and caramelised. These are great as a base for savoury tarts, in soups, or on toast with poached eggs. Delicious with cold meats, or cold on a cheese platter. The onions keep well (covered tightly) in the fridge for a week or two.

### Are your pumpkins piling up?

Roast pumpkin (with herbs or

dukkah), pumpkin & sultana scones, pumpkin soup, pumpkin risotto, pumpkin gnocchi, or pumpkin curry. Roast pumpkin on pizza, pasta or in a frittata. Have a look at [www.taste.com.au](http://www.taste.com.au) - where you can choose from over 300 pumpkin recipes. Plus other vegetable recipes!

### FCA Movie Night on 7 July, 7.30pm

Watch *Fresh*, the movie and meet the Food Connect Adelaide team - the people behind the scenes (staff, volunteers), City Cousins, subscribers and growers. Sample organic cheese and wine before the movie starts. RSVP on the website. Let's connect!

### Movie Night Volunteers

We are looking for a few extra volunteers for Movie Night to help with serving wine, cheese, ticket sales and the like. We'd love to hear from you if you are interested in joining in! Cost waived. Get involved and have fun! Contact Kelly! See email below.

## Contact information:

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

Andrea Hoffmann, Newsletter: [scribe@foodconnectadelaide.com.au](mailto:scribe@foodconnectadelaide.com.au)

Remember, our website [www.foodconnectadelaide.com.au](http://www.foodconnectadelaide.com.au) is only a click away and packed with tons of useful information.



## Potty about Potatoes!

I love potatoes! There. I said it. How can you not love potatoes?! There is a potato for every occasion. There are tons of exciting varieties, with the most wonderful names. What about a 'Nooksack', 'Pink Eye', 'Pink Fir Apple' or the more common 'Kipfler', to name just a few? They are great in the kitchen. Versatile, delightful and delicious. They are also very pretty plants with lush green foliage and pretty purple/white flowers. That brings us to the business of growing them. Conventionally grown spuds are sprayed with fungicides during their growing season. Even though the potatoes themselves are not sprayed as they are underground, they still take up the chemicals via the soil and water.

**Are you a plumber** or do you know one who could give us a helping hand? We are going to install a trough in the warehouse and need some help. A complimentary box can be provided for your assistance. We'd love to hear from you! Thank you!

### Lost and Found!

Little mitten (puce/dark pink in colour) found in returned FCA box. Desperately looking for its rightful owner! Please contact Toby to arrange for reunion.

Then they are sprayed with herbicides before harvesting so that the foliage is killed off. Then they are sprayed again to prevent them from sprouting. Ever wondered why organic potatoes start sprouting after a while? Because that's what they do to reproduce. It is natural and ensures their survival. Bung a sprouted spud in some soil and it will happily grow and produce more potatoes. When the foliage dies back naturally, harvest your organically grown taties. How good is that?! The spuds are healthy, the soil is healthy, we are healthy. I love my taties and that's why I am sticking to organically grown ones. Support our farmers - eat your organic taties! A big thank you to all organic potato farmers!

**Meal Planning Made Easy!** Coming soon - our updated meal planner! Not long now and you can download the latest version from our website, under the tab 'This week's box' - 'Meal Planning'! Written by our nutritionist Kylie Markow. Why not drop us a line and tell us what you think of the meal planner? Kylie would be delighted to get some feedback! Don't be shy, write to [scribe@foodconnectadelaide.com.au](mailto:scribe@foodconnectadelaide.com.au) and we'll be sure to pass on your comments!

## Going pale over Kale?

Perhaps a little bit of a mystery to many of us, it is definitely worth your while making kale's acquaintance. Kale is part of the Brassica family – the same family that includes broccoli, cabbage and brussel sprouts. Like other green leafy vegetables it is jam-packed with a whole host of body-loving nutrients such as vitamins A, C and K. Just ½ cup cooked kale is all you need to get half your daily requirements of vitamins A and C, and over seven times your needs for vitamin K. **Please note:** Those taking blood thinners should avoid high levels of vitamin K in their diets as this can reduce the effectiveness of their medication. Consult your GP for further information.

**Store it:** unwashed in a plastic bag in your veggie crisper. Keeps about 7 days. Bear in mind the flavour intensifies with duration of storage.

### Use it:

\* **Substitute** for either silver beet or spinach. Should work in most recipes – go with your judgement.

\* Whip yourself up some **kale pesto:** Roughly blend 5 cups of kale with 5 cloves of roasted garlic. Add ½ cup toasted mixed seeds and nuts (of your choice) and the juice of 1 and a half lemons/limes and blend until combined. Gradually add ¼ cup of olive oil and blend to a smooth paste. Stir in ¼ cup of flaxseed oil (or olive oil if preferred) and season.

(From [http://www.sbs.com.au/food/recipe/161/Zucchini\\_and\\_rocket\\_carpaccio\\_with\\_kale\\_pesto](http://www.sbs.com.au/food/recipe/161/Zucchini_and_rocket_carpaccio_with_kale_pesto))

\* Throw into **soups, stews and casseroles** of any kind – try blending into your next batch of creamy potato soup.

\* Sauté in olive oil with chopped onion, garlic, salt and pepper. Feel free to serve up at this point. Alternatively add chicken/veg stock to cover and simmer for approx 30 mins. Serve over thick-cut toast or creamy mashed potato.

(From the following kale-lover's blog: <http://orangette.blogspot.com/2008/10/pleasantly-sogged.html>)

\* Visit [http://www.discoverkale.co.uk/kale\\_recipes.html](http://www.discoverkale.co.uk/kale_recipes.html) for a plethora of interesting kale recipes in printable form... Kale risotto with parmesan – yum!

*Article by Kylie Markow*

**My favourite FCA box brekkie!** I am not big on breakfast, but I love a mid-morning snack (which still counts as breakfast in my eyes). Finely chop one of Graham Schultz's Pink Lady apples. Peel and finely slice one of Humphrey's Navel oranges. Bung everything in a bowl with (home-made) yoghurt, sprinkle with some cinnamon. When I feel extravagant (or a bit hungrier than usual), I add some dried, shredded coconut and/or some sunflower seeds. Variations are endless. Yum!  
*Ps.: It is healthy, quick, extremely tasty and it is easy to ensure your daily fruit intake this way.*

Please fold here

## What's in your box?

Apples (Pink Lady, Granny Smith), Humphrey's citrus fruit (Navel oranges, mandarins, grapefruit), onions, carrots, potatoes (Pontiacs), leek (large boxes), broccoli (small & large box), zucchini (medium boxes), spinach, cauliflower (medium box), capsicum (small box), kale (medium box), spring onions (medium & large box), cabbage (large box). Box contents may vary, depending on box size. All this subject to change.

### Note from Simon Martin, Produce Coordinator:

"Winter temps have hit the growers and their crops and everything has slowed down and/or stopped for the season. Monika has said this will be the last week for leeks, beetroot and possibly spring onions. We will be rotating cabbage, cauli and broccoli each week. George is trying hard to increase the quantity and quality of his (unheated) glasshouse crops."

## Have you started eating a long lost fruit or vegetable lately?

It's been intriguing to hear how many people have started eating fruits and vegetables that they would not normally eat. It is music to a dietitian's ears in fact! We are really proud that Food Connect is helping to broaden people's diets, help them with their 2 and 5 and help them to get people enthused about cooking again. It is especially heartening to hear that so many people have started eating apples again because the Kalangadoo and Schultz's apples are so fresh and crisp. *(Sally Fisher, CC Coordinator)*

### 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](mailto:scribe@foodconnectadelaide.com.au)