

## 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)

### OzHarvest

*Collecting excess food to feed those in need*

Do you watch *Masterchef Australia*? Ever wondered where all the excess food goes to? It was great to hear that all this excess food is donated to OzHarvest. They in turn distribute the food to charities that support people in need in Sydney and Canberra. This charity was founded in November 2004. They started with one van and delivered 4,000 meals in their first month of operations. OzHarvest currently delivers 100,000 meals per month with a fleet of six vans. These meals are possible through donations from people with excess food which would otherwise go to waste. Ronni Kahn, the founder of OzHarvest, was awarded 'Australia's Local Hero' in 2010.

Visit [www.ozharvest.org.au](http://www.ozharvest.org.au) for more information.

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

### Hearty Winter Warmers

What are your favourite winter meals? Hearty soups and stews are always on the top of my list. Served with freshly baked, crusty sourdough bread, topped with good butter. I start my soups and stews nearly always the same way: sweat some chopped onion (or leek, or spring onion) and garlic (if you still have a stash hidden away. Australian garlic at this time of the year is hard to come by.) in butter and oil. Then add any chopped vegetable that needs to be used up before you pick up your next FC box. Add water, simmer until tender. Season with salt & pepper and fresh herbs, if available. I like my soup chunky, so never puree it. The advantage of pureeing it is that none of the fussy eaters in your household will be able to find out which veggies are in there. Top with grated parmesan cheese, croutons, or a drizzle of good olive oil, or a dollop of cream, etc....



## Creating a World Without Poverty!

An impossible dream? Imagine setting up poverty museums, because poverty has been erased? This is Muhammad Yunus' dream. Remember him? He lends money to the poorest of the poor in Bangladesh. In his latest book he describes practical ways of setting up social enterprises and what they can do for people, the economy and the environment.

What is a Social Business? It is not a charity and it is not an NGO. It is a business with a difference. It aims to address a social problem, and the investors get their money back, but no more. Any profit is reinvested in the business. Muhammad Yunus, the founder of the Grameen Bank and winner of the 2006 Nobel Peace Prize,

wrote the book "Creating a World Without Poverty" in which he describes in detail what Social Business is and which successful businesses his Grameen Group has set up in Bangladesh and other countries. Yunus writes, "It is tempting to simply dump our world's social problems into the lap of government and say 'here, fix this.' But if this approach were effective, the problems would have been solved long ago." Need to create jobs? Want to develop more renewable energy? You can design a social business to do something about it, says Yunus. The book "Creating a World Without Poverty" is a great read. Give it a go! It is truly inspiring.

### Cook up a storm with Food Connect!

How about organising a cook-up with a few fellow subscribers in your area, and/or your City Cousin? Share recipes, stories, storage tips and ideas. Know a great way to 'sell' a less common vegetable to the rest of the family? What is your favourite dish so far that you made with ingredients from the FC box? If you do organise a get-together, please send in your write-up, recipes and photos, if available! [scribe@foodconnectadelaide.com.au](mailto:scribe@foodconnectadelaide.com.au)

### 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!' Check the website. Written by our nutritionist Kylie Markow.

"This Week's Box" on the website lists the contents of your box on Monday, latest Tuesday. Subject to change, of course, but it will give you an indication what you can expect in your box.

## Old faithful

Baked, roasted, mashed, steamed, fried, boiled... there's almost nothing potatoes can't do. Pontiacs are particularly good for all of the above, with the exception of frying – it would seem these little critters are waistline-friendly too. Nutritionally, they are a great source of vitamin C (as are most vegetables), as well as a good source of niacin and dietary fibre – just one medium potato provides over 15% of your daily niacin requirements (important for energy metabolism and DNA repair) and about 10% of your fibre requirements (more if the skin is left on!).

**Store it:** In a cool dark place. Keeps best unwashed, with earth still clinging to the skins.

### Use it:

\* Homemade, oven-baked **potato wedges** are a real treat! Serve with a drizzling of green sauce made from your favourite fresh herbs blended with olive oil or sprinkle with a little freshly-squeezed lemon juice or dip into olive oil, balsamic vinegar and dukkah.

\* Make your own **gnocchi**! Mix together 2kg warm, mashed potatoes with 2 tsp salt and 2 beaten eggs. Work in enough flour to make a firm but soft dough (about 3 cups). Divide and roll dough in well-floured hands into approx 1cm thick pencils. Cut into 2.5cm lengths, lightly pinching the centre of each

**Don't forget - our Farmletter is also available online.**

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)

between thumb and forefinger. Drop each piece of gnocchi into a large pot of simmering, salted water. Take care not to crowd the pot. As each piece floats to the surface remove with a slotted spoon and drain on a clean tea towel. Serve gnocchi immediately with your choice of sauce. (From Margaret Fulton's Encyclopedia of Food and Cookery, 1990).

### \* Potato and broad bean salad:

Blend two large handfuls of mint leaves with 4 tbsp olive oil, juice of 1 lemon, 1 tbsp wholegrain mustard, pinch raw sugar and salt and pepper to taste.

Dress warm, freshly steamed potatoes and broad beans with the vinaigrette and set aside to cool, allowing the flavours to infuse through the vegetables. (From The Joy of Vegan Cookery, by Amanda Grant, 2002).

### \* Potato Strudel Cake

*Article by Kylie Markow*

### Maxine's Potato Strudel Cake

For the strudel:

- ¾ cup butter
- 1 ½ cups SR Flour
- ¾ cup sugar
- ½ tsp vanilla essence
- ½ tsp cinnamon
- ½ tsp nutmeg

For the cake:

- ¾ cup cooked, mashed potatoes (made with butter, milk and pepper).
- 3 cups SR Flour
- ¾ cup sultanas

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*(continued from page 2)*

- 1 rounded tsp cinnamon
- 1 rounded tsp nutmeg
- 1 ½ cups raw sugar
- 1 ½ tbsp butter
- 3 eggs
- 1 cup milk
- 1 tsp vanilla essence

### METHOD

1. Combine the strudel ingredients in a bowl and mix together crumbling through your fingers. Set aside.
  2. Cream together the sugar with the wet cake ingredients, with the exception of the potato.
  3. Add the dry cake ingredients to the wet mixture until well combined, then gradually add the mashed potato to the mixture, stirring well.
  4. Transfer cake mixture to a 30cm x 23cm greased baking tray. Sprinkle the strudel mixture over the top and bake at 170°C oven for 45-50mins. Check it is cooked through with a skewer.
- Enjoy!

*Submitted by Kylie Markow*

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## What's in your box?

Apples (Pink Lady, Granny Smith), Humphrey's citrus fruit (Navel oranges, mandarins, lemons), pomegranates, onions, carrots, potatoes (Pontiacs), spring onions, broccoli, zucchini, spinach, celery, capsicum, kale, cabbage, celery, butternut pumpkin. Box contents do vary, depending on box size. Not every vegetable and fruit listed above will be in every box size. We are alternating fruit and vegetables, so if you don't get it this week, you will get it next week, or the week after. All this subject to change.

### 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.