

Your feedback

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

Invitation to public forum

(Organised by Friends of the Earth Adelaide)

500 million farmers can't be wrong!

Building sustainable farming futures through food sovereignty

In June 2010, a delegation from the international farmers' organisation La Via Campesina will be making an historic first visit to Australia. La Via Campesina is considered to be the largest civil society (non-government, non-corporate) organisation in the world, representing the interests of some 500 million farming families. They are the world's leading proponent of the concept of 'food sovereignty', asserting the right of communities to create and control their own democratic, local, fair and sustainable food systems. This special public forum brings together representatives from La Via Campesina from throughout the

region, to discuss, amongst other topics:

- The role of small farmers in addressing climate change
- The experiences of youth in rural areas, and young peoples' international action for a just and sustainable food system

Featuring: Arsenio Pereira da Silva (East Timor); Kinezuka Ayumi (Japan), Geumsoon Yoon (Korea) and Irma Yanny (Indonesia)

Chairperson: Carol Vincent (SA Farmers Federation)

When: 6.00-7.30pm, Friday 25 June 2010

Where: The Box Factory Community Centre, 59 Regent Street South, Adelaide

For more information and to RSVP, contact joel.catchlove@foe.org.au, or 0435 631 524

For more information visit <http://www.adelaide.foe.org.au/>

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.



Food Connect Movie Night

Shake off the winter blues! It is time to party! Take part in an exciting event. Watch "Fresh", the movie as part of our big Food Connect Adelaide Night Out. Join us for a fundraising movie night with a difference! Meet the Food Connect Team, subscribers, City Cousins and our Food Connect Farmers who are really keen to be part of this event. Some of them are even coming from the Riverland! We will be holding organic wine and cheese tastings before the screening. This will be a great opportunity to mingle and be part of the big Food Connect Family.

A quote...

"Was just thinking today that Food Connect is my way of saying thanks to the farmers out there that work the land. I am grateful and in awe of the work they do, so I am grateful to be a member of Food Connect to honour their work that enables me to live how I want to in suburbia.....!"

Jessica Fabian, subscriber

"**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.

After the film there will be a Q&A forum with farmers for those who are interested. "Fresh", the Movie (check <http://www.freshthemovie.com/>) will provide you with a more hopeful and optimistic pathway to change!

When? Wednesday, 7 July 2010, 7.30pm

Where? Mercury Cinema, Morphett Street, Adelaide

Cost: \$10.00

Please let us know whether you are coming. You can find the RSVP form on our website, under the tab 'Feedback Form'. See you there!

Citrus update

(A word from Simon Martin, Produce Coordinator)

Our Navel oranges are a variety called Leng. Which is an Aussie selection of the main variety called Washington. Leng was developed in Mildura in 1929-30 and has a smoother skin and is juicier than Washington which we will have later in the season. It also has a lighter skin colour than Washington. Our mandarins are Imperials which is also an Aussie bred variety which has that distinctive loose skin which means it is not good for exporting or very long journeys. Ideal for a local food system like Food Connect.

Pumpkin and sultana scones

INGREDIENTS

¼ cup olive oil

2 tbsp raw sugar

¾ cup cold, steamed, mashed butternut pumpkin

½ cup milk

2 ½ cups self-raising flour, sifted

½ cup sultanas

½ tsp cinnamon

½ tsp nutmeg

1 tsp all spice

A little milk to glaze

METHOD

1. Preheat your oven to 230°C.

2. Whisk together olive oil and sugar until well combined.

3. Add pumpkin and mix well.

4. Add milk a little at a time, stirring continuously.

5. Coat sultanas in a little flour. Add flour, sultanas and spices to the pumpkin mixture and mix to a soft dough.

6. Place dough on a floured surface and knead. Roll out to about 2cm thick.

7. Cut scones from the dough and place onto a floured tray. Glaze scones with a little milk.

8. Bake in a 230°C oven for 15-20 minutes until golden brown on top and cooked through.

Enjoy as is with your favourite spreads or toppings. Makes about 20.

Adapted from Margaret Fulton's Encyclopedia of Food and Cookery, 1990.

The brass tacks of butternuts...

Also known as butternut pumpkin, butternuts are part of the winter squash family and are actually slightly different to pumpkins. Still, they are used in many a pumpkin recipe and do the job wonderfully! Butternuts are a good source of B vitamins including folate, and vitamin C and packs a punch in the vitamin A department - just 1/2 cup of baked butternut will provide up to 100% of your daily vitamin A needs (superhuman night vision anyone?)

Store it: In a cool, dark place. Once cut, store in the fridge, remove the seeds to prolong life.

Use it:

* Drizzle with a mixture of honey, orange juice and ginger and roast in the oven until golden and tender.

* Slice thinly, spray with a little olive oil and roast in the oven until crisp – eat alone or serve with your favourite dip.

* Cut in half, remove the seeds, coat with a little oil, and bake until the pumpkin case is soft. Stuff with risotto, cous cous or spicy curry.

* Use in sweet dishes such as pumpkin tart, pumpkin scones or a pumpkin and raisin loaf.

* Pumpkin and cashew nut dip – blend 2 cups of roasted butternut with ½ cup of roasted cashew nuts, 2 cloves roasted garlic and ginger and coriander to taste.

* Pumpkin & Sultana Scones

Written by Kylie Markow

Why is beetroot red?

The bright red colour in beet root is due to betacyanin, a water soluble plant pigment related to anthocyanin.

Anthocyanins often have antioxidant properties and are believed to be good for your health. Beet roots are good sources of folic acid, potassium and dietary fiber. The 'earthy' taste of beetroot comes from the organic compound *geosmin*, which literally means 'earth smell'.

Beet Tops

Beet tops contain three times as much iron as the roots. The tops are also an excellent source of vitamin A.

There have been a few requests for these, however Monika said there are two problems -

- a) as the season wears on the leaves become fewer in number and scungier.
- b) the beets for bunching are manged differently - kept cleaner, less pests, higher maintenance and she doesn't have any of those beds left.

Please fold here

What's in your box?

Apples (Pink Lady, Granny Smith), Humphrey's citrus fruit (Navel oranges, mandarins), onions, carrots, potatoes (Pontiacs), leek (small boxes), cauliflower (medium & large boxes only), broccoli (medium & large boxes), capsicums (medium boxes only), zucchini (small boxes only), spring onions, butternut pumpkin. Several items will alternate next week - supply permitting. Box contents may vary, depending on box size. 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.

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