

## 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](http://www.foodconnectadelaide.com.au) or send an email to:  
[marketing@foodconnectadelaide.com.au](mailto:marketing@foodconnectadelaide.com.au)

### What a waste...

"Australians waste close to 3 million tonnes of **food** per annum. That's equivalent to 136 kilos per person per annum. Greenhouse gases are released throughout food production. When you throw out food, what you see in the bin is not the only waste. You're also throwing away the massive amount of resources it took to get that food all the way from the 'paddock to your plate.' That includes all elements of production, processing, storage, refrigeration, transportation and cooking. Wasting food also wastes the water that went into its production. According to CSIRO data, throwing out a kilo of white rice will waste 1,550 litres. Wasting a kilo of potatoes wastes 500 litres."

Source: [www.foodwise.com.au](http://www.foodwise.com.au)

### Contact 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.

### Making the most of your veggie box...

Check our website under the tab 'This Week's Box' - in the 'Meal Planning' section for tips on meal planning and storage of fruit and vegetables from your FCA box. Check the websites [www.lovefoodhatewaste.com](http://www.lovefoodhatewaste.com) or [www.recipematcher.com](http://www.recipematcher.com) for more recipe ideas. Say 'No' to food waste!

### Fighting the Lurking Lurgies!

So, what do you do to stay healthy and avoid all these lurgies that are trying to pounce on you? Apart from eating your fresh vegetables and fruit from your box, of course! Do you have any home remedies that work for you and your family, such as the wonderfully strange concoction of garlic syrup?! (Definitely keeps the vampires away!) We'd love to hear your secret recipes! Write to [scribe@foodconnectadelaide.com.au](mailto:scribe@foodconnectadelaide.com.au)



## What makes a Food Connect Subscriber tick?

We are now supplying approx. 270 subscribers per week. This is incredible growth in a very short period of time. Our subscribers are heroes! So what is a FCA subscriber? Well, let's take a look at one of our great supporters of Food Connect Adelaide from the word 'go'. She showed her commitment by taking out a 1-year subscription as soon as FCA was ready to accept subscribers. She explained that this is an extension of how she has tried to do things most of her adult life. They became involved in an alternative school in the 70s that changed their lives. It introduced them to different ways of seeing and doing all kinds of things.

She was also involved in a food co-op and still has the deep scratch across

### Why are YOU a FCA subscriber?

How did you learn about FCA? What do you like about the concept? What makes you tick? We'd love to hear from you! Don't be shy, write to [scribe@foodconnectadelaide.com.au](mailto:scribe@foodconnectadelaide.com.au)

her then you-beaut new table - that her husband had spent ages making - made by someone sliding the heavy scales across it when it was their turn to be the host/distribution point. They were activists in preserving remnants of bush in the suburbs of Melbourne. She most likely heard about Food Connect Adelaide either because she was reading up on food co-ops or similar, or via like-minded friends. Our subscriber notes that "in all our ventures that depended on people putting their hands up, we learned to appreciate those who made long(er) term commitments, hence mine for a year with Food Connect. It isn't reasonable to expect things to go perfectly, and people working on something new deserve a decent lead time to sort the wrinkles."

**Citrus is back!** Bananas are out! (For the time being.) Aren't seasons marvellous? How delightful to have this change in produce, to experience the abundance of locally grown produce. Direct from the paddock to your plate!

## Potato, Butternut and Leek Bake

2 medium potatoes, peeled and chopped  
½ small butternut pumpkin, peeled and chopped  
¼ cauliflower head, chopped  
Olive oil  
1 medium leek, quartered and sliced  
5 tbsp milk  
Wholegrain mustard (to taste)  
Salt and pepper

For the sauce:

1 cup vegetable stock  
1 ½ tbsp cornflour  
1 tbsp tamari or soy sauce  
½ tsp maple syrup  
1 tsp dried mixed herbs  
½ tsp fresh coriander  
Preheat oven to 180°C.

Place potatoes, butternut and cauliflower in steamer and steam until tender.

Meanwhile, sauté leeks in olive oil and season.

Prepare sauce by mixing a few tbsp of stock with cornflour to make a smooth paste. Add the remaining stock and sauce ingredients and mix thoroughly. Add sauce to leeks and bring to the boil, cooking until mixture thickens a little.

Mash steamed vegetables with milk and mustard. Season.

Spoon vegetable mash into a lightly

**Need another copy of the Farmlatter? Download it from our website under the tab 'Links and Resources'.**

oiled baking dish. Pour over leek mixture, spreading out evenly. Bake for approximately 30mins or until golden brown and bubbling in the corners.  
Serves approximately 4 as a side.  
(Adapted from The Everyday Vegan by Dreena Burton (2005), Arsenal Pulp Press, Vancouver).

*Written by Kylie Markow*

## A quick word on quince...

Quinces are an extraordinary fruit whose flesh transforms from a pale yellow to a glorious rosy pink as it cooks. They can be used in both sweet and savoury dishes, the only rule being that they must be cooked before eating. Rub off the furry coating before use. Store in a cool, dry place. As we have caught the end of our grower's quince season your box will only contain one quince, if any (sorry smalls). To those subscribers who do receive quince, please enjoy dabbling in these one quince wonders...

\* For a simple dessert peel, core and bake your quince stuffed with walnuts, butter and honey/maple syrup. From Maggie Beer's 'In the Kitchen With Quinces', Gardening Australia, Apr 2010.

\* Poach your quince in hot water with sugar, lemon, vanilla and spices of your choice. See [http://www.davidlebovitz.com/archives/2008/11/rosy\\_poached\\_quince.html](http://www.davidlebovitz.com/archives/2008/11/rosy_poached_quince.html) for an easy poached quince recipe.

Please fold here

Adjust the quantities to suit the amount of quince available.

\* Try out a Lamb and Quince Tagine available from [http://www.sbs.com.au/food/recipe/9376/Lamb\\_and\\_quince\\_tagine](http://www.sbs.com.au/food/recipe/9376/Lamb_and_quince_tagine). This recipe calls for two quinces – you may like to press on with one quince or try substituting with a pear.

*Written by Kylie Markow*

## Quince with duck (or chicken)

Wash and scrub quince, cut into quarters (don't peel or core) and put into boiling water until just tender (10-30mins, depending on quince). Don't overcook! Take out, let cool, cut away cores and cut each quarter into 2-3 slices. Fry slices in oil/butter until golden. Make sauce: pour 2 tbsp duck fat/butter in pan, add 1 tsp ground ginger, 1 tsp ground cinnamon, 2 tbsp honey, juice of 1 1/2 lemons, add a few tbsp water and let bubble. Serve duck/chook on quince slices, pour over sauce. Enjoy! (Inspired by Claudia Rhoden's 'Tamarind & Saffron'.) Sauce/quince for 4 portions.

## What's in your box?

Apples (Pink Lady, Granny Smith), citrus fruit (Navel oranges, mandarins, lemons, limes), quince (only in medium & large box), onions, carrots, potatoes (Pontiacs), leek, bok choy, butternut pumpkin. The quinces are from Paul and Denise Kretschmer, the bok choy from Murray Bridge. All this subject to change.

**Our latest meal planner** for the first week of June can be downloaded from our website! Written by our nutritionist Kylie Markow.

## 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)