

## 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)

### Spinach Pasta

This takes care of a whole bunch of spinach and adds some lovely colour to the pasta dish. It is also a good way to 'sell' spinach to non-spinach eaters.

#### Ingredients:

1 bunch of spinach  
1 clove of garlic, sliced or chopped  
1 onion, sliced  
a few rashers of bacon, (if desired)  
1 chilli, (optional)

\* Wash spinach, remove stalks. Cut into fine strips.

\* Fry bacon (if using) until crisp, then add chilli, onion, garlic and sweat until soft.

\* Add spinach, mix in well and cook until wilted. Season.

(\* You can add some cream at this stage, or leave it out.)

\* Add cooked, drained pasta of your choice to pan and mix in well. Adjust seasoning.

\* You can sprinkle toasted nuts of

your choice (walnuts, pine nuts, etc.) over the pasta.

\* If you have roasted chestnuts - they are a treat to add to this dish, too!

\* Grated parmesan cheese is nice, too. And/or a splash of lemon juice just before serving. Enjoy!

This is a very versatile dish. Play around with the ingredients! Have fun.

### 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..

## Contact information:

Sally Fisher, City Cousin Coordinator: [sally@foodconnectadelaide.com.au](mailto:sally@foodconnectadelaide.com.au)  
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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.



## How is Food Connect a more sustainable food system?

A sustainable food system as one which works to optimize our environmental, social and economic impacts. A sustainable food system looks at its impacts along the entire food chain, not just at one stage of the chain. We source food from farmers using organic production methods. This minimizes any environmental impacts, but also ensures that our farmers are not exposed to any health (social) impacts through handling chemicals. We also pay our growers a fair price, which does not vary according to interstate oversupply. Stability in income allows growers to accurately budget, much as we expect to be able to do with our salaries. This can not be achieved through wholesale markets (who supply fruit and vege retailers and other home delivery systems) and it is extremely difficult for farmers to negotiate successfully with large supermarket chains. Farmers need to be able to see a viable future in

"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.

farming, otherwise we will continue to see young people refusing to begin farming, jeopardizing our future food security. We offer farmers the ability to connect more directly to customers without having the extra time away from families on weekends and expense associated with selling their produce via a Farmers Market. Finally, our locally sourced subscription system allows us to a) provide the freshest of food (maximizing its nutritional value) and b) accurately predict exactly the quantities we require, resulting in very low levels of food waste. Given the resources required to grow our food, we really should make the most of what the land provides. These are just some of the ways Food Connect acts to make a more sustainable food system. How do you think that compares to other food systems?

*Written by Sally Fisher, City Cousin Coordinator*

**Fresh off the press! Our latest meal planner** for the second half of June can be downloaded from our website, under the tab 'This week's box' - 'Meal Planning!' Written by our nutritionist Kylie Markow.

## Lace your meals with luscious lemon

One of the most versatile fruits around, lemons appear in countless sweet and savoury dishes. Lemons offer fantastic flavour without adding extra fat or salt to your meal. Needless to say it's also bursting with vitamin C – just 1 tbsp contains 25% of your daily requirements. What's not to love?

**Store it:** In the warmest part of your refrigerator. Keeps up to 2 weeks.

### Use it:

\* Combine a little grated lemon zest with grated apple and **stir through muesli or porridge** – a refreshing kick to start the day.

\* Create **lemon-infused olive oil** by placing strips of zest in a bottle of olive oil and allowing to infuse. Add other flavours as you like.

\* Combine approx 1 tbsp of lemon juice with 2 tbsp of tahini and a good sprinkling of paprika and pepper. Dilute with water to a honey consistency. Use to **dress salads or hot potatoes** (yum!).

\* Add slices of lemon and ginger and some cinnamon quills to your next batch of **stewed apples**.

\* Lemon is a key ingredient in **hommus** - try making your own with chickpeas, tahini, lemon juice, garlic and olive oil. Alternative: Use up leftover beetroot by steaming to soften and blend into the basic hommus recipe.

\* Sour Cream Cookies with Citrus Icing.

*Written by Kylie Markow*

## Sour Cream Cookies with Citrus

### Icing

#### INGREDIENTS

60g (2oz) butter  
¼ cup sugar  
½ tsp vanilla  
1 egg yolk  
1 cup self raising flour  
¼ tsp bicarbonate of soda  
¼ tsp salt  
¼ tsp nutmeg  
2 tbsp sour cream  
Citrus Icing:  
1 cup icing sugar  
1 tbsp lemon juice  
1 tbsp orange juice  
½ tsp grated orange rind

#### METHOD

1. Cream together butter, sugar and vanilla. Add egg yolk and beat well.
2. Sift together flour, soda, salt and nutmeg.
3. Fold in half the dry ingredients and half the sour cream to butter mixture, fold in remaining dry ingredients and sour cream. Mix until well combined.
4. With floured hands roll teaspoonfuls of mixture into small balls. Place on lightly greased oven trays. Press tops lightly with a fork.
5. Bake in hot oven 8 to 10 minutes or until pale golden. Cool slightly on trays, then cool on wire racks.
6. Dip tops of biscuits in Citrus Icing and enjoy. Makes about 45.

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*(Recipe continued from page 2)*

**Citrus Icing:** Combine sifted icing sugar, fruit juices and orange rind. Place in a cup in a saucepan of hot water, beat with fork until glossy. Place in saucer to make icing of biscuits easier.

*From the AWW: The Big Book of Beautiful Biscuits, 1990.*

### New City Cousin!

We are pleased to announce that we now have a City Cousin in **Prospect**. The first pickup date is **7 July 2010**. So if you would like to change over to our Prospect City Cousin, please contact Toby at [orders@foodconnectadelaide.com.au](mailto:orders@foodconnectadelaide.com.au)

### Need another copy of the Farmletter?

Please have a look at our website under 'Links & Resources' -> 'Farmletter Archive'.

### Looking for Beetroot Recipes?

There are quite a few suggestions on our website under 'This Week's Box' -> 'Recipes'.

### What's in your box?

Apples (Pink Lady, Granny Smith), Humphrey's citrus fruit (Navel oranges, mandarins, lemons), onions, carrots, potatoes (Pontiacs), leek (medium & large boxes), broccoli, zucchini (large boxes only), spinach, beetroot. Leeks are coming to an end this week, celery is finished for the season and spring onions aren't at their prime at the moment. The glasshouse produce is still slow coming on, but should provide us with some very welcome produce soon. 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](mailto:scribe@foodconnectadelaide.com.au)