

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 or send an email to:
marketing@foodconnectadelaide.com.au

Unclaimed boxes policy

(A word from Sally Fisher, FC City Cousin Coordinator)

a) City Cousins will contact subscribers who have not collected their boxes by the allocated time ie. Wed or Thurs evening. One call and one email is all that the City Cousin is asked to make.

Subscribers are strongly encouraged to contact their CC first, if they are late, not expect their CC to contact them re their box. The Food Connect warehouse would also appreciate their subscribers contacting them about their collections, if they are outside the usual arrangements.

b) City Cousins can contact the City Cousin Coordinator by 12pm the following day, if they have not heard from the subscriber. I will also make an attempt to contact them and ask

them to contact their CC by 5pm the next day.

c) If City Cousins do not receive contact by 5pm, they can then distribute the box to charity/friends etc. There will be no replacement boxes provided by Food Connect.

The reasons why we need this policy:

a) City Cousins are not shops and not open all hours. They do not want the responsibility of dealing with other people's produce. We can't jeopardise losing their goodwill.

b) Produce will not keep unrefrigerated for very long, so it will not be as fresh for you as we would like it to be.

"Fresh" - the movie. Wednesday, 7 July 2010, at 7.30pm. RSPV form now accessible on our website under the 'Feedback' tab.

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.



Holler from the Homestead

Hello fellow foodies!

Toby here – I just wanted to start by putting out a huge thank you for your support and contributions to the Food Connect Community – it is amazing to think that in only twelve short weeks our little merry group has blossomed into several hundred passionate people, discussing both what is in and out of the box each week.

"I never got your email..."

One thing that has been identified whilst I have been in regular contact with you all is that update emails from FCA are not always getting through. Could I please ask that you check your filters to ensure that updates are not being thrown into the junk mail or trash files – or at the very least please check before deleting, to ensure that you are not missing out on important updates regarding your subscription.

Deposit Description – it's all in the name

Just a friendly reminder that if you choose to subscribe via a Direct Deposit to please type in your full first and surname into the description – there have been a couple of random payments made that we have not been able to link to anyone – so please

contact the FCA office if you made a payment on the 25th of May – because we would love to give you your box, whoever you are!

Resubscribing – the easy way!

Whilst we are working tirelessly to contact all expiring subscribers, the pressure is really starting to mount up to get in successful contact with you all before your subscription expires – in fact, there is so much telephone tennis going on that I have lost track of the score!

So to avoid the disappointment and ensure that you never need to miss out on a box again, make your direct deposit well before your last delivery is due. Or subscribe for a longer period, reducing the need to renew monthly.

The demand for a quality alternative option to conventional fruit and veggie shopping is on the rise – it is humbling to be a part of such a worthwhile social enterprise that is meeting this need whilst providing a fair go for our local producers. It is my ongoing pleasure to be able to provide assistance to you all when required – don't forget that I'm only an email or telephone call away!

*Till next time – yours in good health,
Toby*

Layered Potato & Beetroot Bake

(Adapted from a Donna Hay recipe)

400g potatoes, thinly sliced (I don't bother to peel them as they are organic)
125g beetroot, peeled and thinly sliced
1 cup (tasty) cheese, grated

2 eggs

½ cup cream

1 tbsp horseradish cream

* Preheat the oven to 180C.

* Mix cream, eggs, horseradish cream, salt and pepper in a bowl and set aside.

* In a greased oven form, place half the potatoes on the bottom then a third of the cheese.

* Follow with the beets, then another third of the cheese.

* Then pour over half of the egg mix. On top of that place the rest of the potatoes, the last third of cheese and finally the last of egg mix.

* Cover with lid/foil and place in oven for 1 hour. After the hour, remove the lid/foil and continue in the oven for another 30 min. Cool for a few minutes before serving. Serve with a salad or as a side dish. (Even non-beetroot eaters usually like this dish.) Serves 4 as a side dish.

"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.

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

I am...

A little on the sour side, rather rotund, and if you eat just one of me you will get over 100% of your daily vitamin C needs as well as 10% of your vitamin B5 requirements – a vitamin essential for energy metabolism... What am I?

Grapefruit! As you can see I'm more than just a weight loss fad and I'm more versatile than you might imagine.

Store it: in the veggie drawer in the fridge. Keeps 2 weeks.

Use it:

* Traditional: Slice in half and eat raw with a sprinkling of sugar if desired.

* Slice into segments leaving the skin attached. Sprinkle with equal proportions of brown sugar, coconut and slivered almonds and pop under the grill until golden. (From http://www.freshforkids.com.au/fruit_packages/grapefruit/grapefruit.html)

* Use the juice and/or sliced flesh in place of orange when making fruity couscous recipes.

* Combine 4 parts grapefruit juice with 3 parts honey. Use to baste meats such as lamb or chicken before cooking.

* Get in the kitchen and try out this decadent Caramelised Grapefruit Tart from <http://www.taste.com.au/recipes/8247/caramelised+grapefruit+tart>

Written by Kylie Markow

Cracking the Pomegranate

Score the fruit several times vertically and then break it apart. Then lift the clusters of juice sacs. You can eat them as they are. They also make an attractive garnish when sprinkled on various dishes. Or you can juice the pomegranate fruits (which is the most common use). The juice can be extracted from both halves with an ordinary orange juice squeezer.

What's for lunch, honey? What to do with spinach, pumpkin, cabbage, etc.? Running out of ideas? Have a look at our recipe section on the website, under the tab 'This week's box' - 'Recipes'. We are slowly but surely adding new recipes as they come in. Do you have a recipe that you would like to share? Don't be shy, send it in. We are only an email away. scribe@foodconnectadelaide.com.au

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

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), pomegranate, beetroot, cauliflower (small boxes only), celery, capsicums (large boxes only), spinach, zucchini (medium boxes only), cabbage (medium & large boxes).

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