

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

Subscriber Feedback

I have been very impressed with the quality and variety of produce supplied to date. Am refusing to use the swap table and forcing myself to use those items that I don't usually use. For example, I haven't bought beetroot for years because shop bought examples resemble cannonballs in both texture and taste. But not yours. The 1st week we made your beetroot and pear salad (we used apple) which we made again in week 2 for a family function. This past week it went into beetroot hommus. Again we used it raw and it was good. The way we plan our meals has changed dramatically.

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Remember, our website www.foodconnectadelaide.com.au is only a click away and packed with tons of useful information.

Gone are the days of deciding what we might like to eat this week and then trundling off hoping the shops have what we need. Now with a mystery box on the kitchen table, I plan the meals around the quality produce that I have at hand. A bit more challenging, but it is working well thus far.

Many thanks and wishing you continued success.

Subscriber Paul Gill

Box News

We are trying to rotate vegetables that are less popular, but keep well. Beetroot may not be in the box every week, for example. Local fruit variety is currently a bit low. We are waiting for the citrus season to kick in. Kiwis, etc. should be here soon, too.



The Box

or How To Make It All Work

Imagine trying to fill 240 boxes with local, seasonal and organically grown produce. How would you go about it? Where to start? First, you would have to work out what kind of produce goes into a small, medium and large box, so that there is a good balance of fruit and vegetables. Then you would have to work out how much of each fruit and vegetable should be in each respective box size. (How much and what types of fruit & vegetables does a subscriber consume on average?! What is 'average'?) When you are happy that every subscriber gets a good supply of everything, you contact your producers and place your orders. After your orders are in, you still have to hope that nothing goes wrong on the growers' side. Pests suddenly appear, or there is less produce than anticipated, or problems with transport, etc. 12-48 hours before packing begins, the produce starts coming in. Now you are counting and weighing. Let's give you an example.

So, you have worked out that you need 378 eggplants. However, you cannot tell the farmer to supply 378 eggplants! They are not counting their produce, they go by weight. You work out how much these eggplants should weigh and order by weight. You add a bit more, just to make sure. Then you see the delivery. Oh oh, these eggplants are way bigger than your average eggplant! Sometimes it is possible to place another order with the farmer, sometimes it isn't as everything is picked and delivered shortly before packing day. However, you can't just leave out the eggplant, you have to make up for the 'missing' item by placing something else (of equal value!) in the box. Either more of some vegetable or fruit, or an extra item, for example. Definitely making sure the box is still value for money! These are only some of the issues that influence the box content. It is a complex process and we are working hard to ensure you, our valued subscribers, are happy. If you are not happy - we are not happy!

The lowdown on Leeks

Leeks are a fantastic source of vitamin C, an important antioxidant with involvement in wound healing and energy production. The vitamin C content of fruits and vegetables can be affected by seasonality, transport, storage time and cooking. This makes buying local produce that is in season all the more valuable.

Store it: In a plastic bag in the veggie drawer of the fridge. Keeps up to 10 days.

Use it: Can be used in any dish that calls for onion. Trim the very base of the leek and the hard dark green leaves at the top. Quarter leeks vertically, separate the leaves and wash thoroughly.

* The ever faithful **potato and leek soup**. Or try a twist on the traditional – potato, apple and leek soup (see http://vegan-food.suite101.com/article.cfm/potato_leek_and_apple_soup for an interesting version).

* Sauté in a little sesame oil with sesame seeds. Use to **fill savoury pancakes or omelettes** along with sautéed, julienned vegetables of your

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choice. Serve with a sweet soy sauce (Thank you to my Westbourne Park City Cousin for this gorgeous and quick meal idea).

* **Andrea's basic leek recipe:** Sweat in butter with garlic and onions. Season. Use as a side or fold through mashed potatoes.

Article by Kylie Markow

Funky Beetroot Delight

The first fork-full of this dish made me fall in love with beetroot all over again! Peel and grate 2 medium-sized beetroot. Don't worry about your funky red hands - it will wash off without hassle. Put beetroot in saucepan, together with a (good) dollop of butter, 1 tsp (or 2, if you like) of red wine vinegar and 1-2 tsp water. Season with salt & pepper. Put lid on and simmer for about 8-10 minutes, depending on how crisp or soft you like your beetroot. Stir once or twice. Remove lid, so that cooking juices can cook off, if you so desire. Enjoy! (*Adapted from a Stephanie Alexander recipe.*)

Our New Meal Planner for May can be downloaded from our website! Written by our nutritionist Kylie. You can also find more recipes on our website. All this under the tab 'This Week's Box'.

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

The end of garlic and the lack of rhubarb. The garlic season has come to an end. The last month or two have been garlic planting times - organic garlic is sending out shoots. Only garlic that has been sprayed with growth inhibitors will stay dormant. Bill, our garlic and rhubarb grower, has also advised that he will be planting more rhubarb so that we can hopefully have it back in the box in spring. Unfortunately, his rhubarb has sold out and we won't have any in the boxes as anticipated.

What's in your box?

Apples (Pink Lady, Granny Smith), pears (Lemon Bergamot), bananas, onions, spinach, carrots, potatoes (Pontiacs), beetroot, leeks, spring onions, Waltham butternut pumpkin. Box contents may vary, depending on box size. Bananas are back in the box, as fruit from SA is not abundant at the moment.

Please fold here

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.

Did you know:

Conventional apple growers use as many as 24 different chemical treatments on their crops. Personally, organically grown apples win hands-down for me. I gladly pay more for apples from Kalangadoo Organic to support their more labour-intensive organic orchard management. As we get their apples freshly picked straight from their trees, it means they are tasty and healthy! Thank you Chris and Michelle!

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.