

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

International Year of Biodiversity

The United Nations General Assembly has declared 2010 'the Year of Biodiversity'. Organic farming ensures biodiversity by increasing the number and variety of wild species found on farms. It also supports off-farm biodiversity by controlling pollution, water quality and other negative off-farm effects of agriculture. Organic agriculture uses less energy and produces less carbon dioxide emissions which will help to reduce global warming and the threat that rising temperatures carries for many species. For more information on the Year of Biodiversity and organic farming go to: www.ofa.org.au

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

Food Connect Adelaide - The Movie

Meet Syd, who grows our potatoes, Tony who grew a lot of the summer vegetables in your box, and Monica whose spinach, spring onions, leeks and beetroot you have been cooking with for the last few weeks. The short movie can be found on our website:

www.foodconnectadelaide.com.au

under the tab 'Links and Resources'.

Organic versus Red-Tipped Banana

What is the difference? Organic bananas without red wax tips are certified organic by the respective certification authorities. Wax Tip Eco Bananas are grown under the registered trademark 'ecoganic' and have guidelines how to grow them organically. They are red-tipped to distinguish them from other certified organic bananas.



City Cousins – a core part of Food Connect

by Sally Fisher, City Cousin Coordinator and Director

I am often blown away by the generosity of spirit that is regularly displayed by our City Cousins. They are the unsung heroes of Food Connect; assisting in sorting out orders for subscribers, answering queries about Food Connect and promoting Food Connect in the community. Sue Elliott (Brighton North) and Kelly Jones (Stirling) along with subscriber Liz Burbrook even assisted with manning a stall at a promotional event at a Sustainability Fair at Noarlunga recently! Your local City Cousin offers an essential part of the Food Connect experience, so please give them a big thanks for all the work they do for you and Food Connect. They are gems in our community and add another bit of civility to our often ego and money driven world.

Food Connect Movie Night!

Let's meet to watch "Fresh", the movie, at the Mercury Cinema on Wednesday, **7 July 2010**, at 7.30pm. We can have drinks and nibbles before the film begins at 8pm. More details will be made available shortly. Please make a note of the date in your diary! We hope to see you there! Synopsis from the website: www.freshthemovie.com "FRESH celebrates the farmers, thinkers and business people across America who are re-inventing our food system. Each has witnessed the rapid transformation of our agriculture into an industrial model, and confronted the

consequences: food contamination, environmental pollution, depletion of natural resources, and morbid obesity. Forging healthier, sustainable alternatives, they offer a practical vision for a future of our food and our planet. Among several main characters, FRESH features urban farmer and activist, Will Allen, the recipient of MacArthur's 2008 Genius Award; sustainable farmer and entrepreneur, Joel Salatin, made famous by Michael Pollan's book, The Omnivore's Dilemma; and supermarket owner, David Ball, challenging our Wal-Mart dominated economy."

Brenda's Apple and Pomegranate

Crisp (from <http://allrecipes.com>)

Prep Time: 15 Minutes

Cook Time: 45 Minutes

Servings: 8

Ingredients:

4 medium apples - peeled, cored and sliced

1/2 pomegranate, skin and membrane removed

1/2 cup brown sugar

1 tablespoon ground cinnamon

1/2 teaspoon ground nutmeg

1/2 cup rolled oats

1/2 cup all-purpose flour

1/2 cup white sugar

1/2 cup unsalted butter, melted

Directions:

1. Preheat the oven to 375 degrees F (190 degrees C). Butter a 9x13 inch baking dish.

2. In a large bowl, toss together the apples, pomegranate seeds, brown sugar, cinnamon, and nutmeg. Spread evenly into the prepared pan. In the same bowl, stir together the oats, flour and sugar. Rub in the butter between your fingers until the mixture resembles coarse crumbs. Sprinkle over the top of

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

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 fruit.

3. Bake for 45 minutes in the preheated oven, until the apples are soft. Let stand 10 minutes before serving. Serve warm or at room temperature.

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.

Pomegranate particulars

The pomegranate is a fruit originating from the Middle East and Orient. It can be a little fiddly to eat but the flavour is well worth the effort! Split open and eat the sacs of juice surrounding the seeds plus or minus the seeds themselves. Just one pomegranate will provide you with one fifth of your daily requirements for fibre (important for bowel health), and over a quarter of your daily requirements for vitamin C (an essential antioxidant).

Article by Kylie Markow

A very good reason to eat your greens!

Spinach is an absolute powerhouse of goodness containing good amounts of iron, magnesium, folate, vitamin C and vitamin A,^{1,2} as well as a number of antioxidants which show promise in protecting the eye against age-related disease.³ Eat with other vitamin C rich foods (such as fruits and their juices, and vegetables – particularly green capsicums, broccoli, cabbage and spring greens) to maximise the amount of iron absorbed into the body.⁴

^{1, 2, 3, 4} References can be supplied, if interested.

Written by Kylie Markow

Our updated meal planner for the second part of May can be downloaded from our website soon! Written by our nutritionist Kylie. Also check out our recipe section on the website.

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.

What's in your box?

Apples (Pink Lady, Granny Smith), pears (Lemon Bergamot), bananas, onions, spinach, carrots, potatoes (Pontiacs), celery, leeks, pomegranate. Box contents may vary, depending on box size. In a few weeks' time we should be getting citrus fruit again. The unheated greenhouses will be producing tomatoes, eggplants, cucumbers and capsicums in a few weeks, too.

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.

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