

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

Subscription Renewal Made Easy

You do not have to wait until your last delivery to renew your subscription. To ensure uninterrupted box delivery, it is advisable to renew your subscription a week (or even two) before the end of your subscription period. We have had some disappointed subscribers when the box delivery 'suddenly stopped' and there was a gap between subscriptions. You will receive a reminder email about one week before your box delivery is due to end. Choose the box size and subscription length from the table in the email. The speediest and easiest method of payment is Direct Deposit. Our bank details are stated in the

reminder email, too. When you pay by direct deposit, do not forget to write your name as a reference on the deposit. A regular deduction from your bank account can also be established to help simplify managing renewals. You can change your box size and delivery interval at any time during the subscription period. Just contact Toby orders@foodconnectadelaide.com.au

What's in your box?

Apples will be replaced by citrus fruit (Navel oranges, mandarins, lemons, limes), pears (Lemon Bergamot), bananas, spring onions, spinach, carrots, potatoes (Pontiacs), cabbage, beetroot, garlic, butternut pumpkin. Box contents may vary, depending on box size. All this subject to change.

Contact information:

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



Connecting

Last Friday night was the first time City Cousins, FC staff and volunteers had an opportunity to meet. Gosh, what a night that was! Laughter, happy faces, good vibes, delicious food, great stories, and general happiness galore! Putting a face to a name was wonderful. Connecting with everybody involved was fantastic! If we could pack these good vibes into every subscriber's box to share, we would! The great news is that we are going to

Farm Tour at Triple B Beef

Last Sunday was a good opportunity to connect consumers and organic producers. It was also the launch of SA's new Organic and Bio-Dynamic Movement (OBDA). Check out their website! Many organic producers and interested consumers enjoyed Liam and Madeleine Burn's farm tour and lunch. Lots of questions and discussions ensued concerning the average consumer's understanding of certified organic, pesticide-free and what it all means. Conclusion in a nutshell? More education is needed.

connect again. This time the entire FC family will have a chance to meet up. Our movie night on 7 July 2010 at the Mercury Cinema at 7.30pm will be a great opportunity for subscribers, City Cousins, FC staff and volunteers to connect and have fun. But wait, there is more! Some of our FC farmers will be there, too! This promises to be a ripper of a night. 'Fresh' the movie, food to taste, and being part of the FC family. Hope to see you there!

That's a compost tumbler!



Getting your head around cabbage

A sometimes under-appreciated vegetable, cabbage is hardy, inexpensive and stores well. It is for these reasons that it has been a staple crop in many countries across the world. On a nutritional note, cabbage is a source of B vitamins,^{1,2} as well as a great source of vitamin C - just ½ cup cooked cabbage will provide you with 70% of your daily vitamin C requirements.^{1,2}

Store it: Keeps for about 3-4 weeks in the fridge whole (2 weeks once cut).

Use it:

* Try your hand at a German classic – **sauerkraut!**

* Make a simple **coleslaw** with cabbage, carrot, onion and mayonnaise – use to top jacket potatoes, burgers, or fill sandwiches/wraps. Add a chopped green apple and sultanas for a fruity version.

* Throw into any kind of soup, stir-fry or curry.

* Try out a traditional Irish recipe called **Colcannon** – a simple mashed potato and cabbage dish. See <http://vegetarian-recipes.suite101.com/article.cfm/colcannon>

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

for a basic recipe + variations.

* **Cabbage rolls:** Boil whole cabbage leaves until just tender. Top each leaf with your favourite meat/vegetable/rice filling, roll up, and steam in a pan with a little water until tender. A quick Internet search will reveal a range of cabbage roll recipes from European and Asian backgrounds that will make your mouth water.

References

¹Food Standards Australia and New Zealand; 2007. Available from: <http://www.foodstandards.gov.au/consumerinformation/nuttab2006/onlineversion/introduction/onlineversion.cfm>

²National Health and Medical Research Council and Ministry of Health. Nutrient Reference Values for Australia and New Zealand [Internet]. Available from: <http://www.nrv.gov.au/>

Written by 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.

Spinach & Quark (or Ricotta) Tartlets

Quick, easy, super-delicious!

1 bunch spinach
150g quark or ricotta
1 clove of garlic (optional)
1-2 spring onions (optional)
1-2 rashers of good bacon (optional)
1 sheet of (good quality) puff pastry

Method: wash and roughly chop spinach. Sweat garlic, spring onions and bacon until translucent (or bacon is crispy). Add spinach, cook until wilted. Season with salt & pepper. Let cool. In a bowl combine quark and cooled spinach. You can add fresh herbs, chilli, finely chopped preserved lemon, etc. if so desired. Cut puff pastry into equal squares, gently push into muffin tin until it sits flat on the bottom, and sides are lined and the corners of the pastry stick out. Brush with beaten egg. Bake in preheated 200C oven for about 5 minutes or until slightly golden brown.

(Add leftover egg to spinach/quark mixture.) Take muffin tin out, fill tartlets with spinach mixture and bake for another 5 - 10 minutes. Enjoy hot or cold!

Unclaimed boxes

There have been incidences of boxes left over at the end of the delivery day. It is not the City Cousin's job to chase after people who have not picked up their boxes. It is your, the subscriber's, responsibility to pick up your box during the hours your City Cousin opens his/her home to you.

Pickup Hours

It is not acceptable to pick up your box outside the pickup hours outlined by your City Cousin! In fact, this is trespassing. Respect your City Cousin's property and privacy. If you cannot pick up your box during these hours, make arrangements with your City Cousin in advance. Do NOT enter the premises without your City Cousin's permission or knowledge!

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.

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