

## 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](http://www.foodconnectadelaide.com.au) or send an email to:  
[marketing@foodconnectadelaide.com.au](mailto:marketing@foodconnectadelaide.com.au)

*You are invited to:*

### **The launch of SA's new Organic and Bio-Dynamic movement, the Organic and B-D Alliance (OBDA)**

*"Linking Growers to Consumers."*

At our field day to be held at "Cul-Fahane", Home of Triple B Beef, in Milang.

On Sunday, 23 May 2010, from 10am to 2pm.

There will be a farm tour, hosted by Liam and Madeline, sharing their experiences of how they are farming sustainably through the use of B-D preparations and composting to produce their excellent "Triple B Beef". There will also be a talk given by Wirra Wirra wines about how practicing Bio-Dynamic viticulture

contributes to the success of their wines.

**Lunch:** Beef or vegetarian

**Cost:** \$17 (\$20 non-members)

Bring a chair

**RSVP by 15 May** for catering, to:

**Liam or Madeleine Burns** on 85370544 or [elitevine@hotmail.net.au](mailto:elitevine@hotmail.net.au) - specify vegetarian.

### **Directions to Cul Fahane**

Drive to Milang, go past the oval on the right and when you reach the church on the left, turn right onto Maroo St and right again onto Ameroo St. Ameroo will take you out of Milang, turn left at the signpost to Goolwa and Finnis. 4kms exactly from that junction is the entrance on the left just past the dairy on the road front.

### **Contact information:**

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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.



## Subscriber Feedback

*from our Brighton North City Cousin, Sue*

I thought I would drop Food Connect a line to say, firstly, all positive feedback and great excitement from the Brighton North City Cousin site.

Secondly, I thought I would let you know of the discussions being generated in our household.

Previously I have purchased, where possible, fresh local produce from a locally owned supermarket. Now I am 'dabbling' in Food Connect with a small box and hope I will gradually build up to a larger size, once I've changed my head set from 'what do I feel like cooking' to 'what's in my box and what can I create'.

The head set of the family needs to be changed as well. My daughter said she didn't like the oranges because they were 'a bit dry'. So we had a

**New City Cousin! Norwood** is coming on board next week. This location will be included in our **Wednesday** run.

Please ring **8268 7776** or contact [orders@foodconnectadelaide.com.au](mailto:orders@foodconnectadelaide.com.au) if you would like to change to this site.

discussion about 'Humphrey' and his oranges and that maybe the oranges are a bit dry because we are going through a drought and the Murray is in crisis so we would expect them to be a little drier. But if we don't support Humphrey and his oranges while it is a bit tough, he won't have an income and may have to pull out his trees and grow something else to make a living. If this continues to happen, we won't be able to get oranges from Australia and our other choice is getting ones flown in from overseas - which is a far poorer choice than eating locally grown, organic, fresh oranges. My family is now happily eating 'Humphrey's oranges' and they are juicy, delicious and the zest was sensational in the chocolate and beetroot muffins!

**Nick & Rita's eggplants** have been hit by a tomato disease. But they were able to harvest enough for this week's box. They are fine, so if you receive one that is slightly blemished, don't worry! There is nothing wrong with it.

## Eggplant exultation

\* Eggplant is like a sponge and will soak up the flavour of the liquid it is cooked with – use in all manner of saucy dishes such as curries, hot pots and stir-fries.

\* Fry slices of eggplant, capsicum and zucchini in olive oil until soft. Season. Stack in alternate layers and serve with freshly torn coriander and lemon.

\* Thread chunks of eggplant onto skewers with your favourite vegetables. Drizzle with a dressing of olive oil, balsamic vinegar and sugar.

\* Make an eggplant, spinach and feta strudel by topping 5 sheets of filo pastry (brushed with olive oil between layers) with tomato paste, crushed garlic, eggplant slices, spinach leaves and crumbled feta. Fold in the ends and roll up. Bake in a 200°C oven for 15-20mins or until golden and cooked through.

\* Try your hand at Baba Ghanoush – a Middle Eastern eggplant-based dip (check out the internet for a multitude of variations). *Written by Kylie Markow*

**Need another copy of the Farmlatter? Download it from our website under the tab 'Feedback Form'.**

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)

## Rhubarb Tiramisu

This is a ripper recipe! Especially great, if you need to 'hide' rhubarb.

*You need:*

- Sponge fingers
- for the rhubarb puree:*
- 600g rhubarb, cut in pieces, add
- 60g butter and
- 150g sugar, simmer till soft, cool

*Ricotta cream:*

- 250g Ricotta
- 250g Mascarpone
- 100 ml orange juice
- 4 tbsp sugar, combine everything.

Line a suitable flat bowl or container with a layer of sponge biscuits. Top with half the rhubarb puree, then half the ricotta cream.

Then another layer of sponge biscuits. Add rest of rhubarb puree, then rest of cream.

Chill at least 3 hours before serving, then dust with cocoa powder.

*Variation:*

Sprinkle a little (or as desired) cointreau, brandy, or other tasty spirit of your choice over sponge biscuits. Chill tiramisu overnight to let flavours infuse properly.

## Rhubarb, glorious rhubarb!

We will include rhubarb in your box, starting with the large box this week. Next week medium, then small. There will also be Granny Smith apples, which are great for cooking. Rhubarb and apple - a perfect marriage. So, how about a delicious crumble? Or stewed - served with icecream or cream? Rhubarb cake or pie? Do you have more suggestions? Please send them in! A great recipe? Share it with us!

### What's in your box?

Apples (Pink Lady, Granny Smith), pears (Sensation), bananas, onions, spinach, carrots, potatoes (Pontiacs), eggplants, sweet corn, spring onions, garlic, rhubarb (large box). Box contents may vary, depending on box size. Bananas are back in the box, as fruit from SA is not abundant at the moment. The Grannies are in the small and large boxes this week.

Please fold here

**Organic food systems** have been proven to provide benefits such as storing more carbon in soils, increasing biodiversity, more humane animal production systems, reducing pollution of groundwater and waterways, and reducing our reliance on pesticides and fertilisers based on oil and highly energy intensive systems. These are intangible benefits to us as consumers, but essential if we wish to ever create more sustainable food systems.

### 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.