

Your feedback

As we are in our first month of deliveries, it is very important to us to receive your feedback. If there are any teething problems, we need to hear about it so that we can ensure this does not happen again.

To provide feedback, you can complete the feedback form (available from your City Cousin when you collect your box and/or included in your box) and return to your City Cousin 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

Silverbeet

At a loss as to what to do with your fresh silverbeet? Sweat some garlic and onions (bacon is nice, too), add your greens, put lid on pan. Wait a few minutes until the silverbeet is wilted. Season. You can now add some butter, cream, olive oil or grated cheese, if desired. Stir. Enjoy!

Bananas

You will not have any bananas in your box for a while, as there is still an abundance of local fruit. When the supply of fresh fruit is low in SA and bananas plentiful interstate, you will find bananas in your box again.

Important information for subscribers

Please note that we will be sending reminder emails towards the end of your subscription. Your name will also be highlighted on the sign-off list at your City Cousin's, as you come to the second last week. We will be calling subscribers in their last week to gain feedback and renew subscriptions.

Contact information:

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Remember, our website www.foodconnectadelaide.com.au is only a click away. Here you will find the FAQ section with frequently asked questions that might just give you the answer you are looking for.



The Box Challenge

Thank you for your feedback! Please keep it coming. We are grateful for all your comments and suggestions and are working hard to make your box experience a very happy and satisfying one. It can be quite a challenge to fill your box with the best produce possible and a good variety, too. It is quite a juggling act! When we place our orders with the producers, we cannot always be sure that we actually get everything on the list. So many things can happen on the producer's side. The weather might not cooperate and ruin a good crop or part of it, or a sudden infestation of bugs decimates produce that was perfect a few hours

ago. So sometimes we get only part of the order delivered, or receive something different to make up for the loss of a particular fruit or vegetable. Everything is picked about 24 hours before it reaches our warehouse and gets packed into your box. Last week you had 'weird' capsicums and chillies in your box. We received them only hours before we started packing and it was therefore, unfortunately, not possible to supply a little write-up in the newsletter. It is our aim to supply you with as much information as possible on your box content, but this will not always be possible. We are working very hard on it, though. In the meantime we thank you very much for your understanding!

Fat Goose Fruits

Humphrey Howie and his wife Michelle are growing an extensive range of citrus on their farm in Renmark. Their property has been in the family for over 100 years. They have been converting their property to fully organic since 1994. The oranges in your box are grown by them and you will be able to sample more of their range in the next few months.

Varieties in your box

Everybody loves Kalangadoo's apples! Their Fujis are in this week's box. The white grapes (seeds) are Calmeria. Syd Lewis has grown your potatoes. This week they are Pontiacs. They are excellent for boiling and mashing. Also good for baking, roasting and salads. They are not that great for frying.

How does Food Connect give growers a fair price for their produce?

a) Growers negotiate a stable price with us through the season for their produce and we pay the costs of freight to our warehouse. In normal markets, prices will fluctuate significantly based on interstate and international supply and result in unpredictable incomes for growers. This makes budgeting for them difficult. Making it difficult for them to invest in their operations and to see a future in farming (the average age of Australian farmers is over 60 years now, as so few young people see a future in it).

b) We pay growers within 14 days of delivery to us. This is extremely uncommon in the horticulture industry - sometimes growers wait up to 60 days to get paid!

How many of us would be happy to put up with our wage fluctuating from week to week and wait 2 months to get paid our wages? We expect not many, and this is why we need new food systems which address failing market systems.

The **oranges** in your box are **Valencias**. They are excellent for juicing but also great for eating. You will have noticed that they are partly green. This means that these oranges are at their best - ripe and juicy. They change colour, from orange to green, when they have lots of sunshine. The heat draws out the natural chlorophyll in their skins and creates a sunscreen to prevent them from burning. We are used to the sight of bright orange Valencias in the shops, but they have been treated to achieve this colour.

Tomatoes are in short supply from our growers over the next couple of weeks as we are between crops for two different growers at present (one tailing off the next one about to be harvested). Sometimes we receive only enough to put small amounts in one type of box (and it is not always easy for us to find out ahead of time how much is coming in from our growers.) A shortage of one item is of course replaced with another item, hence people received pumpkins last week! Working with seasonal and market issues is not a simple task, but again, will become easier as time passes with support from growers and subscribers.

Please fold here

Change in box collection times

A change in delivery routes means that there is a slight change in pick up times for some City Cousin sites as of Thursday 8th April: Morning route: **Eden Hills** subscribers will be able to collect their boxes after 12pm. Afternoon route: **Tranmere, Adelaide SW and Brompton** subscribers will be able to collect after 3pm. **Westbourne Park** will remain from 4-7pm. Older subscribers will be able to swap over and collect from new City Cousins in Unley, Kurralta Park and Brighton North as of Thurs April 15.

Brighton North (morning route) will be open for collection after 12pm, Unley and Kurralta Park (afternoon route) after 3pm.

Is this box organic?

85% of our Food Connect Growers are certified organic, with the remainder not certified but practising organic methods/in conversion to organics.

City Cousin Update

Seven new City Cousin locations will become available in the week beginning April 15 to old subscribers (ie anyone who is not commencing in that week!). These are Crafers West, Greenhill, Unley, Brighton North, Mt Barker, Nairne and Kurralta Park. The Hills route will be on Wednesdays, the rest on Thursdays. We have strong demand in Stirling and Tranmere for City Cousin locations so please let us know if you would like to be one. City Cousins receive 30% off up to 2 boxes each week.

Easter Holidays

School holidays start next week so if you need to postpone your order please email info@foodconnectadelaide.com.au by Friday April 2, 5pm. For deliveries for the second week of school holidays, please email orders@foodconnectadelaide.com.au by Friday 9th April.

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 midday 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