

PEAS, YIPPEE!

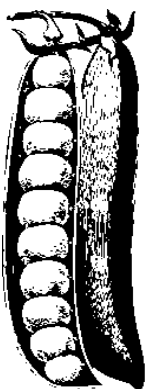
by nutritionist Kylie Markow

As a novice to English peas myself, I had to do some serious research before setting out to write this article. Whilst trawling the internet for information, I was struck by the number of writers sharing fond memories of shelling peas at the kitchen table or on the porch with the family, fingers working busily to release the succulent little peas from their pods, knowing that at the end of their toils awaited steaming bowls of fresh green peas with lashings of melted butter or thick pea and ham soup made to Grandma’s recipe. It would appear that this little vegetable (actually it’s a fruit) has the mysterious ability to bring people together, and seed within them a lifelong love affair with the activity of preparing peas and all that it symbolises – getting a little closer to nature and a little closer to the ones we love. This, my friends, is slow food at its best.

Shelling basics: In a world of convenience, shelling peas is a task that we rarely, if ever, get the chance to do, so don’t be embarrassed if you need a few pointers. Break the stem with your fingernails and pull the string down the length of the pod. Insert your fingernail into the seam of the pod and run along its length to open. Run your thumb along the inside of the shell to release the peas. Use immediately after shelling or cover them with their pods or a damp cloth to prevent moisture loss.

Use it: As they are quite expensive you’ll only have a small amount in your box, so they won’t make a meal on their own. They will, however, add colour and flavour to a mixed dish – see below for ideas, and use your pods asap in a soup, stock or stir-fry:

- Add to a hearty pie such as the classic Shepherd’s Pie or a Chicken, Ham and Pea Pie. Or try this little beauty – **Lamb Pot Pies with Peas and Mint** (<http://souvlakiforthesoul.com/lamb-pot-pies-with-peas-and-mint>).
- Take a culinary vacation and whip up a traditional Spanish dish – **Paella**. You’ll find a range of variations on this dish to suit your taste at <http://www.spain-recipes.com/paellarecipes.html>. The Vegetarian Paella is very easy to make and one I continue to come back to.



- **Asian slaw salad:** Shell $\frac{3}{4}$ cup of English peas. Reserve the pods and julienne along with vegetables of your choice, e.g. carrot, spring onion, capsicum, cauliflower, celery, cabbage, bok choy. Mix together 2–3 tbsp soy sauce with $1\frac{1}{2}$ tbsp rice wine, $\frac{1}{2}$ tsp sesame oil, 1 tsp olive oil and black pepper to taste. Dress the vegetables and top with toasted sesame seeds.

Find more meal ideas and recipes, as well as Kylie’s super bi-weekly meal planner, on our website: www.foodconnectadelaide.com.au/

Inside this week’s box:

All boxes: Pink Lady Apples, Citrus (Oranges, Mandarins), Onions, Potatoes, Carrots, Broccoli, Shelling Peas.

In rotation: Grapefruit, Granny Smith Apples, Tuscan Kale (aka Cavolo Nero), Cauliflower, Bok Choy, Spinach, Celery, Spring Onions and Zucchini.

New this week: Shelling Peas!

As always, items in rotation will appear in small, medium and large boxes in different weeks according to supply, so don’t

Oops...

Last week we mentioned a **Malaysian satay sauce** recipe but forgot to include it. Apologies—look for it on our website, and tell us what’s on the table at your place!

Tips for web surfers:

Wise words from one of our growers....

The bitterness of poor quality remains long after the sweetness of cut price is forgotten

Syd Lewis, potato grower, from his business card

- <http://vegeterranean.com.au/> has a recipe for Iranian cauliflower omelette that sounds delicious, and more...
- <http://sustainablecommunitiessa.wordpress.com> SA community groups working together to make life-style changes and reduce their use of earth’s resources

What's on this weekend? If you're looking for something to do, here are two events put on by some like-minded folks and friends of Food Connect:

FEAST OF FILM 2010

31 July—14 August—28 August

Friends of the Earth's gathering of films about good food and farming sounds a treat. First session is this **Saturday 31 July**, from **4-7pm**, and includes "Dirt! The Movie" among others. The Festival will take place at the **Unley Citizens' Centre, 18 Arthur St, Unley**, entry is **\$5-15**, and "winter warming" goodies will be available. Two more sessions follow on subsequent Saturdays; for further information and the full program see

www.adelaide.foe.org.au

You may also contact joel.catchlove@foe.org.au
or phone 0435 631 524

OBDA Alliance Meeting

Sunday 1 August at 10:30am

The Organic and B-D Alliance invites you to join them for their next meeting. The meeting will kick off with presentations by Cathie Harvey and Elaine Tscharke on the interrelationships of organic farming, healthy food and well-being. This will be followed by a delicious lunch provided by the hosts, **Bliss Organic Garden Café**, and finally, the OBDA's AGM. OK?

Bliss Garden Café is at 7 Compton St, Adelaide.

Cost (inclusive of lunch): **\$20**.

Please RSVP by **28 July** to Monika Fiebig at 8289 2877 or contact@obda.com.au

It's not waste 'til you throw it away.....

We know that plenty of our subscribers are probably "big picture" sort of people, and some of you may wonder how we deal with issues of food waste here at the Homestead. It's a problem, here and throughout the developed world (d.w.)—in his fascinating book *How Bad are Bananas?*, Mike Berners-Lee states that in the d.w., we are thought to waste about 1/4 of the edible food we buy. This is a shameful amount! More from Mike's book in future. Now, while we Homesteaders do end up taking some unusable food away to our compost bins and chooks every week, there is usually some other left-over produce, which is usable but perhaps not quite up to box standard—a wee bit of mold, missing bits, or just plain extra. We've partnered up with the **Junction Community Centre**, in **Ottoway** (near us), to make use of these "ugly but beautiful" fruits and veg. Staffer Cathy McInerney says that the produce is used in cooking a weekly community lunch and for adult cooking classes, and that it helps them in their focus on the "Go for 2 and 5" nutrition program. The Centre runs on a patchwork of grants, funding and volunteers; with the integral help of around 35 such community volunteers, as many as 700 people per week take part in the activities on offer. That's something to be proud of, and we're pleased to be able to make a contribution.

Attention all Subscribers!

- **Delivery day:** Collect your box (make sure it's the correct size) during scheduled pick-up times (unless other arrangements have been made with your City Cousin) and sign the collection sheet.
- **Boxes:** Please return boxes to your City Cousin for reuse by Food Connect. This helps reduce waste and costs and is greatly appreciated.
- **Subscriptions:** You may change box size and delivery intervals by mid-day on Friday, the week before your next delivery is due. You may also renew or upgrade your subscription at any time during your subscription period—no need to wait until the end is nigh!

Is everything in my box organic?

Yes! 100% of your produce is grown organically, without chemical inputs. 85% of our Food Connect growers have organic certification, while the rest practice organic methods or are in conversion to organic, which takes at least 3 years. Organic production methods and product pricing more accurately reflect the true cost of food production, by taking into account the environmental and social costs. These tend to be "hidden costs" in conventional production systems.

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