



WEEK 33

18–19 AUGUST 2010

LATE WINTER

## FOOD FIT FOR A KING....

by nutritionist Kylie Markow

It's unlikely you'd think of the humble parsnip when reading this article's title. Once upon a time, legend has it that the Roman Emperor Tiberius would import these delicacies for his dinner table from Germany, where they grew wild along the banks of the Rhine. Fast forward to the 21<sup>st</sup> century and you'll find that parsnips don't earn the same reverence in most households, but at Food Connect we think they're about ready for a comeback. So here we are, with parsnips for your dinner table and a few suggestions on how to enjoy them like a royal!

**Store it:** in the veggie crisper; use within 2 weeks.

**Use it:** No need to peel if they're small and young, just scrub the skin under warm water, remove the head and tip (these, and parings, can be used in a stock), and off you go.

—Add to simmering casseroles & soups; bake with a drizzle of olive oil & the juice and zest of 1 orange; shred & throw into stir-fries, or mash with potato or butternut (see below.)

—Test out this delicious-looking **spicy parsnip soup** from Mr. J Oliver at <http://www.jamieoliver.com/recipes/vegetarian-recipes/spicy-parsnip-soup>. You'll need to supplement the parsnips – potato, carrot or butternut should work just fine.

—Spruce up your Sunday roast with **caramelised honey and rosemary parsnips**:

Combine 2 tbsp honey with 40g melted butter, 2 tbsp rosemary leaves, 1 crushed clove garlic, salt and pepper. Peel (if required) and halve about 500g parsnips, place in a baking dish and pour the honey mixture over, tossing to coat. Bake for 40-50mins at 180°C until tender. From <http://www.dailytelegraph.com.au/news/sunday-telegraph/don-burke-donnahays-parsnip-war/story-e6frewt0-1225761911314>

—**Parsnip and walnut fritters:** This recipe sounds like a divine and simple week-night treat, served with sour cream or plain yoghurt and a salad. Find the recipe at:

[http://www.freshforkids.com.au/veg\\_pages/parsnip/parsnip.html](http://www.freshforkids.com.au/veg_pages/parsnip/parsnip.html)

—**Parsnip crisps:** slice parsnips into wafer-thin rounds or peel off long slivers lengthways with a swivel peeler and pat dry. Fry in good-quality oil until crisp, then drain on kitchen paper. Sprinkle with sea salt, and perhaps smoked paprika, cumin or poppy seeds.

—Chef Yotam Ottolenghi of London, whose books *Plenty* and *Ottolenghi* are well worth seeking out, has a lovely way with veg, and he adds parsnip (boiled in salted water until completely soft) to a mash of roast butternut, along with roasted garlic, fried onion, butter, crème fraîche, nutmeg and chives. It's a bit deluxe.

Ah yes, **bok choy**—everyone's had it by now, and we hope you've been enjoying it. It's a veg that benefits from quick cooking, ideal for a stir-fry or a braise, such as the one with turnips in our website's recipe file. Do make use of the succulent stems, they're too good to compost. These babies come from Roger Aay at Murray Bridge, who also grows the turnips and rocket we've featured in past boxes.

### Inside this week's box:

**All boxes:** Pink Lady Apples, Citrus (Lemons, Oranges, Mandarins), Potatoes, Carrots, Bok Choy

**In rotation:** Cauliflower, Broccoli, Spinach, Spring Onions, Cabbage, Granny Smith Apples, Parsnips

**New this week:** Parsnips

As always, items in rotation will appear in small, medium and large boxes in different weeks according to supply, so don't despair! Selection is subject to change at short notice.

### Is everything in my box organic?

Yes! 100% of your produce is grown organically, without chemicals. 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.

## *HOLLER FROM THE HOMESTEAD.....*

Toby here once again – it's amazing to be a part of a social movement that's focused on ensuring everyone gets a fair go, from field to fork! Thank you for your continued support. I would like to bring a couple of issues to everyone's attention regarding subscription payments (for one more week, so we reach as many as possible):

### **Deposit Description – the name game**

Subscribing via Direct Deposit is easy when you know how! Please ensure that the **account holder's full first and surname** are typed into the description box – otherwise we will not be able to match your payment to your subscription.

At the time of writing, there are currently some 'mystery payments' that have been received – please contact FCA if you made a payment via Direct Deposit and have not yet received confirmation of your investment, because we would love to give you your box, whoever you both are!

### **Renewing your subscription**

Some of you may recall that we were on the verge of announcing a "set and forget" Direct Deposit payment option. Since then, our financial institution has made it clear that they won't come to the party and help make life a little easier for us all. Therefore, whilst the FCA gang works tirelessly to find other options for you, the standard payment options remain until we can find an alternative.

Some of you have set up a Direct Deposit already – if you are thinking of doing the same, please remember that the **minimum payment of four (4) boxes is required for any and all orders.**

Till next time, yours in good health —Toby

## **Into the 'Hungry Gap' we go....**

You may have noticed the lack of **brown onions** in this week's box—we didn't forget! We are talking with the grower about the quality, which has declined, and are waiting to hear back from him. This week we've substituted Monika's spring onions in most of the boxes, to the limit of supply. Simon & Kelly had a look at some organic onions from interstate last week which were of lower quality than our local ones; it's just a difficult time of year for this crop, as storage gets old/runs out.

Cold-climate gardeners have long referred to this time of year as 'the hungry gap'. Winter crops such as cabbages and roots would be finishing, or worse still, spoiling, but summer abundance was still months away. In the past, those first spring vegetables must have been heavenly...and they still are.

That fallow, bridging time is when people traditionally turned to foraging for wild foods, especially nutrient-loaded greens. In our society, most of us don't have to suffer the gap these days, with a variety of foods available year round, but part of this adventure we've embarked on together involves riding the seasons and working with what we've got, close to home.

Nevertheless, we hope the range of seasonal offerings from local growers will diversify as demand increases, and we're working on it, with your help.

Here's to seasonal delights—they'll come again!

### **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!

### **Contact details:**

Sally Fisher, City Cousin Coordinator: [sally@foodconnectadelaide.com.au](mailto:sally@foodconnectadelaide.com.au)

Simon Martin, Enterprise Coordinator: [simon@foodconnectadelaide.com.au](mailto:simon@foodconnectadelaide.com.au)

Kelly Jones, Feedback: [marketing@foodconnectadelaide.com.au](mailto:marketing@foodconnectadelaide.com.au)

Toby Syme, Subscriptions: [orders@foodconnectadelaide.com.au](mailto:orders@foodconnectadelaide.com.au) or **08 8268 7776**

Kelly McKinley, Newsletter: [scribe@foodconnectadelaide.com.au](mailto:scribe@foodconnectadelaide.com.au)

Our website, for info, recipes and more: [www.foodconnectadelaide.com.au/](http://www.foodconnectadelaide.com.au/)



Check out Food Connect's **Facebook page** for some interesting links—someone's done the search for you and turned up writing on urban farming, local food security, national food policy and more. Plus, there are always great tips from other food lovers, discussions on a variety of topics, and a photo once in a while.

See you there!