



WEEK 34

25–26 AUGUST 2010

LATE WINTER

## PARSLEY'S PLEASURES

by nutritionist Kylie Markow

Often appearing as more of an afterthought, a throwaway sprig on the side of a plate, parsley used within a meal can add an extra dimension of flavour (and colour) and turn a basic meal into a memorable one. Like other leafy greens, parsley is exceptionally nutritious, high in vitamins A, C and K, as well as a great source of fibre, B vitamins, calcium and iron. More reason to slip it into your recipes! Interestingly, it is thought that the Romans were the first to use parsley to finish their plates – not for decorative purposes but for protection against food contamination. Parsley probably won't protect you from food poisoning, but with all those lovely nutrients it's got to look after your health!

**Store it:** Washed and dried in an air-tight container in the fridge. Keeps about a week.

**Use it:** the leaves have 1,001 uses, but do save the stems to use in stock.

–Who can go past **tabouleh**? In keeping with seasonal eating omit the tomatoes or replace with semi- or sun-dried tomatoes. Try adding lentils, yogurt sauce and toasted nuts or seeds if serving as a main, or team with Moroccan lamb kebabs & hot pita bread.

–**Green smoothies:** My mum, who is usually quite conservative when it comes to food and drink, adores this rather quirky concoction... Blend 1 handful parsley tops with 1 small handful shredded spinach, ½ sliced red apple, ½ banana and 2 cups water. Then add 2 handfuls ice and blend til frothy. The original recipe uses red grapes, however during the colder months the readily available banana and apple has taken its place.

–**Herb damper** – perfect with a big bowl of steaming soup. Find this simple recipe at <http://www.taste.com.au/recipes/1609/herb+damper>

–Make a **parsley crust** for fish: Mix 1½ cups fresh breadcrumbs with 3 tbsp chopped parsley, 2 cloves chopped garlic, 1 tsp grated lemon zest and 1 tsp fresh / ¼ tsp dried thyme. Dip your white fish fillets in milk and then in the breadcrumb mixture. Pan-fry or oven bake until cooked through. From *Margaret Fulton's Encyclopaedia of Food and Cookery, 1990*.

–Pasta for dinner? Find a simple **Italian-style pasta** recipe featuring **parsley, anchovies and pecorino** at <http://foodwise.com.au/recipes/spaghetti-aglio-olio.aspx>

Still on the subject of parsley, **gremolata** is a staple in my kitchen; I nurture a year-round parsley patch just to supply my craving! It could hardly be easier, and all quantities can be adjusted to taste:

Chop about ¼ cup parsley leaves with 1 clove of garlic. This is known as *persillade*; I usually go further and add the grated or finely chopped zest of ½ a small-ish lemon to the mix. Now you have a classic *gremolata*, for scattering on pasta, pizza, veg dishes, cooked grains, meat or fish. I like to make enough for a few days, and for that I add a sprinkle of salt and moisten the lot with olive oil, then store, covered, in the fridge. It's really delicious on toast!

If you're uncertain about this week's radishes, just take it slowly. Their fresh, assertive flavour seems a bit of a tonic alongside winter's hearty fare; try them thinly sliced or grated in a salad with, perhaps, orange, fennel, black olives, herbs and salad greens. Lightly pickled, along with carrots, they are a classic condiment on tables at Mexican *tacquerias*. Radishes also complement Asian flavours, whether in a salad or stir-fry, or try in raita, with a curry. If all else fails to appeal, you can add them to a braise or roast. If the greens are nice, use them asap, storing separately from roots. More tips on our website.

### Inside this week's box:

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

**In rotation:** Cauliflower, Broccoli, Spinach, Spring Onions, Cabbage, Bok Choy, Butternut Pumpkin, Celery, Fennel, Parsley, Granny Smith Apples, Radish

**New this week:** Radish

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 (this is the final time):

### 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

## CALLING ALL FRUIT (and VEG) BATS!



This is the moment some of you have been waiting for—we're finally rolling out our....

- **Small Fruit Box**
- **Small Veg Box**

Each priced at \$25/week, minimum order 4 weeks.

- **Medium Fruit Box**
- **Medium Veg Box**

Each priced at \$35/week, minimum order as above.

All contents are predominately organic, as with our mixed boxes. You may add to your current subscription, or recreate it to reflect your new choices; orders will be taken via phone and email utilising the standard payment options.

First deliveries start on **Wednesday, 1 September 2010**, so finalise your order **before midday Friday, 27 August** to be in on the first round.

—Check our website for photos of representative boxes, reflecting current season's availability—

### 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:

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

*From Friends of the Earth's website:  
"The Australian Food Sovereignty Alliance (AFSA) has just released its first media release...calling on all political parties to take a democratic approach in the formulation of national food policy, and not simply consult with the largest corporate and agribusiness interests."*

<http://www.adelaide.foe.org.au/>  
<http://foodsovereigntyalliance.org>

### Feast of Film 2010

Final session this  
Saturday, 28 August

See the world premiere  
of *An Urban Orchard* and  
more! Details on FOE's  
website (above).