

## Your feedback

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. Please put it in the orange folder at your City Cousin's. 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)

### How is the box made up?

We work to a dollar value for your box, hence its weight and composition will change each week as we change over produce. This makes it impossible for us to say a small box weighs x kg because some items are lighter but more expensive than others. We look at our box orders each week and what our farmers have available and calculate which produce goes in which box based on these volumes.

(Sometimes we only have enough of an item to go in one of the box types and not the others.) This is why you may get one item one week but not the next.

### 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.

### Beetroot Panic?

Autumn is upon us and we are slowly starting to receive all kinds of seasonal vegetables that might pose a challenge to some people. Beetroot might be one of those. What to do with it? We sent out the word on our Facebook page and received heaps of great suggestions. They can be found on our website in the recipe section, too. Here some ideas: Roasted with a little bit of maple syrup drizzled over. Or grated coarsley with a (grated) firm pear, dressed with lemon juice, olive oil, salt and pepper and sprinkled generously with fetta and fresh mint. Or boiled in the skin, then peeled and eaten warm with butter melted on it. More ideas next week!



## Eating in Season

Have you already noticed the slight change in box content? Tomatoes have slowly disappeared, spinach has popped up and is looking bright and green. Beetroot is here - all gloriously ruby red. How exciting is that?! Eating in season is a totally different experience. Vegetables that we may not have given a second glance in the fruit & veg shop before, are sitting in our box. They are fresh, they are organic, they are local, they are in season. They are a joy to work with. There are so many ways they can be prepared. It is always interesting to experiment with vegetables that are new to us. Sometimes we just need to find our most favourite way of preparing a less familiar vegetable. With the change in season, your box content will change, too. Your fruit and vegetables will be picked when they are at their best. This ensures a high vitamin and nutrient content. How good is that? Along this exciting journey we will endeavour to make all these seasonal vegetables familiar to you, and therefore a welcome staple in your box!  
Ps.: We would love to hear how you tackled a vegetable that was new to you. Please send in your stories!

### What's in your box?

Apples (Fuji), white grapes (Calmeria), rockmelon, blood plums (Ruby), oranges (Valencia), pears (Duchess), onions (brown), spinach, capsicums (bell, pimentos and sweet banana peppers), carrots, cucumbers (Lebanese or Continental), potatoes (Pontiacs), beetroot, eggplant, zucchini. Box contents may vary, depending on box size. **There are no chillies in the box, they are all capsicums!**

### What happens when...

a vegetable grower falls sick? Not only can he not pick his vegetables, but he also won't have an income. This also contributes to you not having as many veggies in the box as usual. Tony Scarfo was too sick last week to pick his vegetables. We hope he is feeling better this week! This might be a case where Food Connect could organise volunteers for picking, if given a bit of notice. What do you think?

### Lentil and silverbeet / spinach stew

1 tablespoon olive oil  
1 teaspoon red chilli, chopped  
1 medium onion, chopped  
4 large silverbeet or spinach leaves, chopped  
2 cloves garlic, thinly sliced  
250ml vegetable stock  
2 teaspoons hot curry powder  
2 cups cooked brown lentils  
2 teaspoons dried coriander leaves  
juice of ½ lime or lemon  
2 teaspoons garam masala  
salt and pepper (optional)

Heat oil in a saucepan and sauté the onions until beginning to turn golden. Add the garlic, curry powder, coriander leaves, garam masala and chilli and cook for another 3 minutes, stirring. Add the silverbeet or spinach leaves and vegetable stock and simmer over low heat for 10 minutes.

Finally, add the lentils and lime/lemon juice and cook until the lentils are heated through.

Season as required and serve on warmed tortillas or cornbread with a dollop of tomato relish.

**Note:** Feel free to add in any extra vegetables that take your fancy.

*(Kylie Markow)*

### Don't like eggplant?

Not to worry. This recipe usually convinces even confirmed eggplant dislikers that there might be something to this vegetable. **Eggplant**

**Parmigiana!** There are tons of recipes and variations for this. Here just some brief instructions:

Slice your eggplant into 1cm thick slices. You can peel the eggplant first, if you don't like the firm skin. Dip slices into flour, then beaten egg and finally coat them with breadcrumbs. Fry until golden brown. Or you can bake them in the oven. Now, if you are getting really hungry and can't wait - eat the **crumbed eggplant** now! Served with a salad and some tzatziki. Delish!

Or continue to finish this dish. Have your favourite tomato pasta sauce ready. Spread a layer in a casserole dish, place fried eggplant slices on top in a single layer. Sprinkle grated mozzarella cheese on top. Add another layer of your tomato pasta sauce.

Then top with grated parmesan cheese. Slide into a preheated oven, 200C, and bake for about 20-25 minutes.

Serve with your favourite veggies or salad. A glass of wine goes well with it, too! Buon appetito!

### Fruit & Veg in Box

Last week the box seemed to have more fruit than vegetables. Why is that?

It is a combination of Food Connect being in its first month of operation and not having a long term relationship with farmers, Adelaide weather, farmers falling sick (see page 1), seasonality (moving from summer crops to autumn crops). Fruit is stable as it comes from vines or trees and are perennials. Vegetables have to be planted each season and without a long history of demand from Food Connect Adelaide, local organic growers sometimes just don't have enough in this development stage for us. This is why we urge subscribers to hang around with us for a while until growers hit their stride with us and understand that we have a 'set' demand and are not a shop where people may or may not purchase.

Please fold here

### The case of the missing FC boxes

Folks, please remember to return the boxes to your City Cousins. We seem to be getting low on boxes as the return rate is lower than expected. Some subscribers bring bags to their City Cousins on pick-up day and fill these with their produce. This is a great idea, especially if you don't want to store your box at home for a week. Or if you stow it away out of sight, it is easy to forget to bring the box along the following week.

#### 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 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](mailto:scribe@foodconnectadelaide.com.au)