

Your feedback

As these are our first weeks 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. 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 or send an email to marketing@foodconnectadelaide.com.au

Stirling Subscribers

Please check our new Adelaide Hills City Cousin locations, available from 15 April. These are Crafers West, Greenhill, Nairne and Mt. Barker. If any of these suit you better, please contact Toby at orders@foodconnectadelaide.com.au or ring our Homestead office at 08 8268 7776 to change to one of these locations.

Would you like to be a City Cousin in Stirling or the Adelaide Hills? Please contact Sally, our City Cousin Coordinator.

Contact information:

Sally Fisher, City Cousin Coordinator: sally@foodconnectadelaide.com.au
Simon Martin, Enterprise Coordinator: simon@foodconnectadelaide.com.au
Kelly Jones, Feedback: marketing@foodconnectadelaide.com.au
Toby Syme, Subscriptions: orders@foodconnectadelaide.com.au
or Phone: 08 8268 7776

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.

Your feedback works:

We discovered after week 2 that we had a problem with the corn. Despite it looking fabulously fresh and full of juice and picked shortly before packing, it was not as sweet as it could be. This is attributed to a crop nutrition issue and possibly seed variety issue which we will discuss with the farmer to allow him to improve this next year. It was our grower's first year growing corn and he's still learning the intricacies of it. The beauty of Food Connect is that we can give our farmers this rapid feedback to help them improve.



Value for Money

Is Food Connect good value for money?

This is a hard one, folks. We have become used to cheap food in shops. The prices we pay for fruit and vegetables do not reflect the true cost of producing them. It starts with the farmers. They get a pittance for their produce. At the same time they are forced by big wholesalers to provide uniform, good-looking produce, preferably storable far longer than fresh produce, picked at its prime, can ever be stored. How to fulfill these demands? Spraying chemicals, broad-acre farming. Big machinery. This is a vicious circle. The farmers have no longer a say in what they are growing, how much they are selling, etc. What makes it worse, they are not even always certain their product finds acceptance from the wholesalers, and suddenly a big truckload of their produce is rejected and thus going to waste. Not because it is not good, but because it is not required this week. Food Connect is building a long-term relationship with

our farmers. They have a stable income, they grow produce with care and pick it when it is at its prime. No sprays, no mucking about. They are in tune with their land, the seasons, the fruits of their labour. Growing their produce organically is a lot more labour-intensive. This is reflected in the cost of their produce. However, what you get is produce that is fresh, at its prime, jumping with vitamins and goodness - without harmful chemicals. What do you think these chemicals do to you or the soil, air and water? Value for money? It really depends on how much we value the hard work of local, organic farmers, the health benefits of their products and the environment.

Varieties in your box

Apples - Fuji
Grapes - Calmeria
Potatoes - Pontiacs
Plums, Blood - Ruby
Aren't these plums just exquisite?! Make sure they are nice and soft, and you will experience a real taste explosion!

The first box...

Thursday 25th March saw the first delivery of my Food Connect box and myself eagerly scurrying back to the car to ogle the booty within – capsicums, chilli, corn, apples, basil, dirt-encrusted potatoes, and grapes – oh heaven!

Bubbling with meal ideas, I'd had grand plans for my first Food Connect meal, but alas I met the first of the troublemakers that can spoil even the best meal planning intentions – time. A lack of it pushed me to reach for a container of last night's stir-fry, but not before a generous sprinkling of freshly torn basil leaves was applied. This was my first learning in the practical limitations of meal planning. Still, meal planning has its place and practice only improves us.

The remainder of the week saw some undeniably lovely food cross my table – banana and orange zest pancakes and pizza topped with roasted zucchini, capsicum, tomatoes and basil, served with oven-baked corn just to name a couple. I love cooking and need little motivation to get in the kitchen, but this week I've felt especially inspired – fresh, wholesome produce and the opportunity to experiment with less

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

familiar foods. But perhaps most importantly, this week has brought the additional joy of tucking into my meal knowing that it is locally grown, sustainably produced and purchased at a fair price. Bon appetite!

(Kylie Markow)

Spinach ideas...

Heat 2 tablespoons of olive oil in a fry pan and sauté 2 tablespoons of sliced garlic cloves with 2 tablespoons of pine nuts until golden. Add the chopped leaves of 8 large spinach leaves and cook until limp. Season as desired and use as a topping for pizza along with vegetables, cheeses and meats of your choice.

Heat 1 tablespoon of olive oil in a fry pan and sauté 1 medium chopped onion until golden. Add the chopped leaves of 10 large spinach leaves and cook until limp. Add 2 pinches of ground nutmeg and stir. Use as a layer in lasagne. *(Kylie Markow)*

Ideas for using up the last...

...few pieces of **rockmelon** - blend with yoghurt, ground cloves and ice for a rockmelon lassi.

...**spring onion** bulb – chop and combine with diced cucumber, herbs and lemon juice for a quick salsa.

Unravelling the mystery of the spring onion

Remove the roots and the very top of the green ends - use everything in between.

Store it: in a perforated plastic bag in the vegetable drawer of the fridge – keeps about 5 days.

Use it:

- Slice thinly and use as a zingy topping for all manner of dishes.

- Combine ½ cup sliced spring onions with 2T soy sauce, 1T honey, juice ½ a lime and 1-2tsp chilli for a simple stir-fry sauce.

- Fry 3 sliced spring onions in olive oil until golden. Add 2T raw sugar and 2T balsamic vinegar and fry until caramelised. Stir through dishes or use as a chunky spread.

- Add 2 chopped spring onions to a basic cheese or pumpkin scone recipe – yum!

(Kylie Markow)

Please fold here

Did you get a worm or a grub in your produce ?

This is your guarantee that your food has been organically grown. We are sorry that we cannot guarantee invertebrate free food, despite our best efforts to check each piece of produce on the packing line. However, we do not believe that there has been any significant problem with pests.

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.