

**Bonkers for Brassicas**

by nutritionist Kylie Markow

We're quite fond of the members of this family, many of which have been regular travellers in your boxes over the past few months. We've recently been enjoying beautiful, local (mostly Strathalbyn and Murray Bridge) cauliflower, cabbage, broccoli, kale (though not enough!), radishes and turnips, along with some rocket. These and other *Brassica* have been bred to emphasise different parts of the plant, such as the flower buds in broccoli and the outer leaves in cabbage—they're an interesting and important bunch. Such hardy, nutrient-rich vegies nourish and sustain us through the depths of winter, when the variety of fresh produce is at its lowest, and will continue to feature in our boxes as we ease into early spring; as the old saying goes, absence makes the heart grow fonder, and by next summer's end you may long for them! Here are a few ideas that may appeal:

—In a pickle over how to use your cauliflower? How about a **cauliflower pickle!** Head to the Food Connect website's Recipe page to find out how to make **Piccalilli**.

—**Cabbage and Corn Fritters:** Shred $\frac{1}{4}$ small cabbage and mix with 2 tbsp chopped onions, 1 cup sifted SR flour, a 310g can creamed corn, 2 lightly beaten eggs and $\frac{1}{2}$ cup milk. Let stand for 10 mins, then pan-fry in olive oil until golden on each side. Enjoy topped with sour cream and chopped chives. http://www.freshforkids.com.au/veg_pages/cabbage/cabbage.html

—In need of new cabbage ideas? **Braised Green Cabbage with Onions, Carrots and Poached Egg** sounds comforting, from devoted Seattle food blogger Molly at: <http://orangette.blogspot.com/2006/01/tender-is-cabbage.html> **more in her index!

—As the weather warms, why not celebrate with a salad? This scrumptious-looking **Broccoli Salad** is from J.Oliver: <http://www.jamieoliver.com/recipes/salad-recipes/broccoli-salad>

—For links to '10 Tasty Radish Recipes', such as **Radish and Sesame Noodle Salad**, see <http://dancinggecko.wordpress.com/2009/03/21/10-tasty-radish-recipes/>

Orchard Notes....

"...the reason why our grapefruit coming down from Beltingen isn't so sweet is because they haven't experienced a frost...this year and this is the essential ingredient to sweetening fruits and vegetables."

I read this on Food Connect Sydney's website recently, and it tied in with something our apple supplier, up in Forest Range, mentioned on the phone last week. Graham told us that this has been the worst in 15 years for apples (and so for pears and some other tree fruit), due to less 'cold hours.' Many varieties of these fruits require a prolonged period of winter chill to allow proper maturation of the flower buds. We might enjoy a mild winter, but it can have a down side.

It would've been hard to miss last week's wild weather—Glenn, our Strathalbyn *Brassica* grower, said the creek bordering his property was the highest he's ever seen it.

And Produce Notes.

—Pontiac potatoes are gone and we're now enjoying Syd's Moonlight taters. Romantic name...

—Pink Lady apples have made way for Red Delicious, also Hills-grown.

—We had some tangelos on hand over the last 2 weeks and subbed them for oranges in a few boxes; this week they'll appear in all (mixed & fruit) boxes. Yum!

Inside this week's box:**All (mixed / fruit) boxes:**

Red Delicious Apples, Citrus (Oranges, Mandarins, Tangelos), Potatoes, Carrots, Onions

In rotation: Cauliflower, Broccoli, Cabbage, Bok Choy, Spinach, Butternut Pumpkin, Spring Onions, Celery, Fennel, Radish, Zucchini, Parsley, Beetroot, Turnips, Granny Smith Apples, Grapefruit, Lemons, Bananas

New this week: Tangelos

*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.

We are delighted to welcome our first 'corporate' subscriber to the Food Connect fold:

The Australian Centre For Social Innovation will soon receive one of our first all-fruit boxes, thanks to Food Connector and Program Manager at the Centre, Erin Green. We think the all-fruit option is a great way to offer healthy, locally-grown snacks in the home and in the workplace—if you'd like to get yours on board, give Toby a call.

It's also worth having a look at the Centre's website <http://www.tacsi.org.au/> for more about the recently-launched 'social innovation laboratory' (aka a 'do-tank' rather than a 'think tank'), including a schedule of their 'Social Innovator Dialogues' and Blue Sky Sessions.

RECYCLING REMINDER

As stated below, we really appreciate having the empty boxes returned and we use them, well, 'til we can't use 'em no more. We love it when they are returned intact, with tops on—this leaves us more time for packing your boxes.

The plastic bags lining the boxes are also recyclable if they are returned to us with

NO fruit/vegies/etc. remaining inside.

We will establish a collection bag at each City Cousin site for liner collection, so please round them up.

It's a bit of extra work but we think it's worth it and hope you'll agree. Thanks!

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**; as with all boxes, finalise your order **before midday Friday**, to be in the following week's delivery run.

—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!

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Our website, for info, recipes and more: www.foodconnectadelaide.com.au/

'Food fight: Do locavores really need math lessons?'

Kick-started by a provocative *New York Times* piece, this is a fascinating and lively series of conversations about our food, where it comes from, how it's produced and the ethics of it all.

Find this (and so much more) at Grist:

<http://www.grist.org/article/food-fight-do-locavores-really-need-math-lessons/>

