



Rutabaga, neep, navet...

by nutritionist Kylie Markow

...perhaps better known as the humble turnip. The best thing about turnips is that they are two crops in one—both the roots and the tops are tasty and nutritious. The origin of this hardy member of the Brassicas remains a little unclear, though it grows wild throughout parts of Eastern Europe and Siberia, a testament to its love of the cold; the cold just makes them crisper and sweeter, and even the greens are tastier when the weather is chilly.

Often underappreciated in this age of abundance, turnips were a particularly valued crop in the past, not only as a winter crop when food was scarce but as the whole plant is edible giving you more from your land, as well as being fast growers – turnips can reach maturity within 1-2 months after planting. The root is high in vitamin C, while the leaves are a nutrient powerhouse – they’re an excellent source of vitamins A and K among others, as well as a little molecule called lutein, which is found in the retina of the eye and is thought to aid in both the function and protection of the eye.

**Store it:** In a bag or loosely wrapped, in the veggie crisper – as these are young, use the root within 2 weeks and the greens within 2–3 days, as they don’t last long after harvest.

—**Maple-glazed turnips:** Steam about 250g whole baby turnips until just tender. Place in a pot with 1 tbsp water, 1½ tbsp maple syrup and 1½ tbsp butter, increase heat and cook until butter/maple mixture begins to brown, tossing turnips to coat. *Adapted from Margaret Fulton’s Encyclopedia of Food and Cookery, 1990.*

—Curl up by the fire with a bowl of **Gogji Razma**, a spicy kidney bean & turnip dish from Jammu in north India. Serve with rice or warm naan bread to soak up the juices. Recipe from <http://jugalbandi.info/2007/12/gogji-razma-kidney-beans-with-turnips/>

—Enjoy baby turnips in the raw with this simple **Apple and Turnip salad:** Toss together 1 cup of grated green apple with 1 cup grated baby turnips, the juice of 1 lemon, 2-4 tbsp chopped parsley, 1 tbsp olive or vegetable oil. Season and serve.

—Don’t let those turnip greens go to waste—try them chopped coarsely, steamed, then dressed with butter or oil, or use in **soups, dals** and **curries**, slow cooked with fried onion and bacon, or added, towards the end, to your next **stir-fry**. Just eat ‘em!

**Fennel?** It seems to be one of the lesser stars of the veggie firmament in these parts, but is long-cherished in Europe. A few tips: to cut a rounded or flat Fennel bulb, cut the fronds & stem off of the bulb. Save the stalks for **fish stock** and use the fronds as a garnish. Discard the bulb’s outer layer if heavily discolored. Position the bulb on its flat bottom—stalk end up—and cut it in half. Place the halves cut side down & slice into thin slices or quarters. Makes a fantastic addition to **potato gratin!** Other delicious ways to enjoy fennel are, of course, in **salads:** thinly sliced, with lemon, flat-leaf parsley, evoo and pepper, or on a bed of rocket with orange, radish, black olives and pepper, dressed with balsamic & evoo. Go on!

Find more meal ideas and recipes , as well as Kylie’s super bi-weekly meal planner, on our website: [www.foodconnectadelaide.com.au/](http://www.foodconnectadelaide.com.au/)

**Please take note:** In this week’s box you’ll find a survey we are conducting; your responses are crucial to our decision-making and the formation of our sourcing policy. Please take some time to share your views with us. We only had avocados in last week’s boxes as they were ripe and ready, so very sorry if you missed out, but your response will influence whether they return in future.

**Inside this week’s box:**

**All boxes:** Pink Lady

Apples, Citrus (Oranges, Mandarins), Onions, Potatoes, Carrots, Bok Choy

**In rotation:** Meyer Lemons, Cauliflower, Broccoli, Spinach, Cabbage, Turnips, Fennel, Rocket

**New this week:** Fennel, Rocket

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:

### 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

### 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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## A note on collection from your City Cousins

- City Cousins form an essential part of our distribution system, but they open up their homes, which are NOT retail shops. Please respect the privacy of your City Cousin by adhering to the previously arranged pick-up times.
- If you are unable to pick up your produce during the arranged pick-up hours, contact your City Cousin **as soon as possible** to organise alternative arrangements. Do not wait for us/your City Cousin to contact you – please take responsibility for collection of your produce.
- If you don't collect your box within the designated time and your City Cousin has not been able to make contact with you to arrange collection, your box will remain at their property until **5pm the day after delivery.** After that time, Food Connect reserves the right to give any uncollected boxes to charity. No refunds will be provided for uncollected boxes or boxes delivered to charity.
- For ordering, produce and payment enquiries please contact the Food Connect Adelaide Homestead. City Cousins **do not handle orders or cash** for Food Connect Adelaide.

—HQ and your City Cousins thank you!—



## FEAST OF FILM 2010 session 2

Friends of the Earth presents 3 more films this weekend at the Unley Citizen's Centre

4-7 pm, \$5-15

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

"Buy misshapen fruits & vegetables."  
Quoted from *How Bad Are Bananas?* Mike Berners-Lee's book on "the carbon footprint of everything." It's true, huge quantities of fruits and veg are discarded for cosmetic reasons; farmers can't sell them if they are only supplying supermarkets. We try to embrace the "interestingly shaped" (and lightly blemished) here at FC, and hope that Connectors feel the same. It's all about taste and diversity, right? Come to the table.