

LOL: Loving our leftovers....

Well, sometimes it’s hard; other times, not so much. In this case I am not referring to the remains of a meal, but those bits and pieces which may have been lurking in the fridge or a cupboard for a while: you know you should do something with them, but you haven’t got the time, desire or a recipe. At our place we turn them into soup, or in summer perhaps a riot of spicy vegies and couscous. Here are some simple ways to make use of some of the “lurkers”:

–**Caramelised onions:** these are sooo good.

Heat **2 Tbsp butter or e.v. olive oil** in a wide deep pan. Add **1/2 kg thinly sliced onions** and **2 thyme sprigs**, stir and cover. Cook until they are limp, about 5 minutes, then turn heat to low & toss with **1/2 tsp salt**. Cover, cook for 20 min., then add **1/2 cup white wine** (or use **2 Tbsp each of brown sugar and balsamic** instead of wine) and cover again. Every 15 min. or so, give them a stir. After 45 min. or so the onions will begin to brown, and you can hear them start to sizzle. Now start stirring more frequently so they don’t burn. When they’re a rich golden brown, remove from heat, stir in **2 tsp sherry vinegar (optional)**, and season to taste with **salt and pepper**. Store in the fridge and enjoy in pasta, omelets, on toast, etc.

–**Frozen spinach cubes:** too many greens? They don’t last long, so try this and save them for later. Steam the greens until wilted, pat them dry, and pack into ice cube trays. Pop a cube out to add to a sauce, soup or omelet. Ice cube trays also work well for freezing citrus juice, pesto and other sauces.

We hear that there may also be some kitchens with a butternut pumpkin or two lurking—actually, they don’t last forever and our season is nearing its end, so try this luscious

Provençal Butternut Gratin (you’ll need 1-1/2 hours for cooking):

–**1 to 1.2 kg butternut pumpkin**

–**5 garlic cloves, finely chopped**

–**1/2 cup chopped parsley**

–**Salt and pepper**

–**3 Tbsp plain flour (can be omitted)**

–**Extra-virgin olive oil**

Preheat the oven to 160-180°C and lightly oil a shallow baking dish. Peel the pumpkin and cut into even-sized cubes, from 1 to 2cm. Toss it with the garlic, parsley, salt and pepper. Add the flour and toss again until the pieces are coated lightly, letting excess flour fall to the bottom. Pile all into the baking dish and drizzle oil generously over the top. Bake, uncovered, until the pumpkin is browned and tender, usually about 1 to 1½ hours.

–Kylie tested a (vegan) **Pumpkin-Apple Fruit Loaf** recipe on the week-end and has pronounced it quite yummy--look for it on our website.

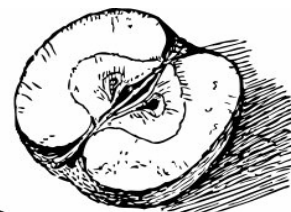
Inside this week’s box:

All boxes: Pink Lady Apples, Citrus (Oranges, Mandarins), Onions, Potatoes, Carrots, Broccoli, Shelling Peas, Avocados.

In rotation: Granny Smith Apples, Cauliflower, Spinach, Cabbage, Butternut Pumpkin and Zucchini .

New this week: Avocados, Shelling Peas—yes, really!

As always, items in rotation will appear in small, medium and large boxes in different weeks according to supply, so don’t despair.



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

Please take note: We need your help. In this week’s box you’ll find a survey we are conducting; your responses are crucial to our decision-making & the formation of our sourcing policy. Please take some time to let us know what you think.

Spotted last week on a visit to a grower in Murray Bridge: rows and rows of beautiful, tender young Cos lettuces. Rumour has it that they may turn up in our boxes in a few weeks. Stay tuned....

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, here goes:

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 three '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 – awesome initiative, folks! 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!

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Food Connect needs you!

Searching for strong, sensitive types who can turn up on short notice....Does this sound like you?

We'd like to add willing and able bodies to our **Emergency On-call Packer Register;**

no prior experience is necessary but work is fast-paced and some lifting is required. Work a Wednesday and/or Thursday morning shift in exchange for a large box that week **or** pay at \$20/hour. All packing takes place at Food Connect HQ in Woodville North.

For further details, ring Sally at **0410 473 167**

Is everything in my box organic?

Usually, but this week is different. All of your produce, with the exception of the **avocados**, is grown organically, without chemical inputs. The Ettinger variety avos are from Ashbourne Avocados in the Adelaide Hills, a bit of a rarity. Although they do not use chemical fertilizers or pesticides, they use glyphosate (Roundup) around the trees as a herbicide.

We've decided to give them a try this week; although our primary purpose is to support organic, local growers, we also want to cultivate relationships with growers who may, in future, transition to full organic methods.

Please complete and return our survey on this issue as your input is crucial to our decision-making process. Thanks!

As for the rest, as always, 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.

