



WEEK 29

21 – 22 JULY 2010

WINTER

Bountiful Broccoli by nutritionist Kylie Markow

Know thy dinner, know thyself...The broccoli we know and love today is thought to have originated from varieties cultivated in Italy up to 2000 years ago. At present we're in the depths of broccoli season (May to September, depending on planting time and region) so get into it while it's fresh, crisp and that beautiful forest green! A member of the Brassicas, broccoli is a source of a number of B vitamins, including biotin – just ½ cup of cooked broccoli will provide you with over a quarter of your daily biotin needs. Additionally, it contains a plant chemical called sulforaphane, which has shown promising anti-cancer capabilities.¹ Interestingly, broccoli need to be cooled as soon as they're picked, otherwise they will blossom with small yellow flowers which are quite bitter – this is why they are stored in ice on their journey to the green grocer.

Store it: In a ventilated plastic bag in the veggie crisper. Keeps well approx 5 days.

Use it:

- Steam and **serve with dip** (maybe hummus, skordalia, or a warm artichoke dip) – makes great finger food for kids and they can pretend they're big, hungry giants eating trees they've plucked effortlessly from the ground.
- Don't be afraid to peel and **eat the stalks too!** They're crisp and sweet and make great vegetable sticks for dipping.
- **Broccoli and apple soup:** Grate 1 green apple and sauté with 1 diced onion until soft. Add 1 litre of stock and 1 head chopped broccoli (stems and flowerets). Season and simmer until tender (approx 30mins) and puree. Serve with a dollop of yoghurt or sour cream, chopped tarragon and toasted almond slivers. *From http://www.freshforkids.com.au/veg_pages/broccoli/broccoli.html*
- Try **Sicilian Pasta with Broccoli** (Pasta a Scamuzzatura). Find it at <http://blog.italian-connection.com/italian-food-culture/sicilian-style-pasta-with-broccoli-recipe>
- Works well with nuts! Throw broccoli into your next stir-fry and stir through a **peanut satay sauce** (see below for a Malaysian-style satay sauce recipe).

1. Zhang Y, Tang L. Discovery and development of sulforaphane as a cancer chemopreventive phytochemical. *Acta Pharm Sinic* [Internet]. 2007 [cited 2010 Jul 11];

Find more meal ideas and recipes on our website, including Kylie's super weekly meal planner: www.foodconnectadelaide.com.au/

Inside this week's box:

All boxes: Apples (Pink Lady and Granny Smith), Citrus (Oranges, Mandarins), Onions, Potatoes, Carrots.

In rotation: Grapefruit and Lemons, Broccoli, Cabbage, Kale, Cauliflower, Bok Choy, Spinach, Celery, Spring Onions, Parsley, Zucchini and Capsicum.

New this week: Parsley

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

"This week I had an epiphany about my Community Supported Agriculture membership. I think I may have found a way to slow down time with vegetables!"

Read Jennifer's story at <http://www.grist.org/article/food-how-i-turned-vegetables-into-a-time-machine/>

Food Connect would like to thank Andrea Hoffmann for her important contribution to our weekly newsletter, which has been much appreciated by many subscribers. Collating contributions and making them all fit into such a professional newsletter has been an important part of our outreach in these early stages of our development. Thanks! Kelly McKinley has taken the reins as our newsletter coordinator; feel free to forward your comments and contributions to scribe@foodconnectadelaide.com.au

Mt Barker Urban Growth Development Plan Amendment (DPA): Community Action Alert

Some of you may be aware of this DPA, which prescribes massive urban growth for the District of Mt Barker over the next 15 years, proposing to rezone 1310ha of prime agricultural land for both housing and industry. Whether you are a Hills or city dweller, this plan and others like it should be of concern. While development is, arguably, inevitable here and around Australia, careful consideration must be given to how and where it proceeds—once good land near towns and cities is paved over, its potential to feed us is lost, not to mention other environmental impacts. The Mt Barker Coalition for Sustainable Communities invites you to join them in a show of numbers on tour of the land marked for development: it's the **“Development Drive-by” and BYO Picnic, Sunday 25 July**, starting at **11:30am**. Meet at the Wallis Cinema Carpark in Mt Barker and join the convoy; for more info contact Brian Haddy at 0413 156 172 or bhaddy@ozemail.com.au Making a submission on the Plan is also a way to make your views known—the DPA can be viewed at www.planningsa.gov.au and submissions must be in by 4 August 2010.



Greetings Food Connectors, Kelly here. I'm delighted to be assisting with your newsletter, and want to share a few good sources which you may find informative and even entertaining. I'll print more in future, do share your favorites—there's so much out there!

—<http://kitchengardeners.org/> Home page of Kitchen Gardeners Intl.—gardening tips, forums, recipes....from Australia and abroad.

—<http://www.ivu.org/recipes/> International Vegetarian Union, fab veg/vegan recipes

—<http://www.griffithreview.com/edition-27-food-chain.html> National and global perspectives on food issues and climate change.

FRUIT FLY OUTBREAK: You may not have been aware that SA is facing a serious threat to its fruit-fly-free status. There are currently outbreaks in the South Brighton, the Parks, Seaton and Woodville areas of Adelaide. These outbreaks pose a serious threat to our fruit growers and mean that we must all be mindful about how we handle fruit (and “vegetables” such as capsicums). If outbreaks continue unabated, SA may lose its fruit-fly-free status, meaning growers will face bigger losses of fruit, and that fruit may need to be sprayed with chemicals to kill fly larvae. Serious stuff.

Here at Food Connect, it means that we must keep our warehouse doors closed whenever possible to prevent entry of fruit fly, and dispose of any fruit waste via bins (not in compost, as the fruit fly larvae can then pupate underground).

FOR SUBSCRIBERS and CITY COUSINS: It also means that we will be placing lids on our swap boxes at the City Cousin sites to avoid the opportunity for fruit fly to land on any fruit. **Please replace the lid to the swap box each time you use it.**

See http://www.pir.sa.gov.au/biosecuritysa/planthealth/fruit_fly for more information. Shoo, fly.

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 close of business 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!

Is everything in my box organic?

Yes! 100% of your produce is grown organically, without chemical inputs. 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.

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