

Calamity's Corner

Christmas falling on a Tuesday always causes us difficulty in deciding when to deliver. This year we are aiming to get the boxes to the drop off points in Worcester by mid afternoon Friday 21st. This should be convenient for those who pick up their boxes after work or the school run.

As Julian has already mentioned if you usually have a standard box and would like to make a special order for the Christmas week, you can either order via the website, or if you do not have access to the internet please phone us before next weeks delivery and we will put a list in your box. Minimum website order is £12; this includes veg, fruit and wholefoods.

If you do not know your password please email or phone.

On the website we have a wide range of fruit, vegetables and wholefoods, And some festive fare such as chestnuts and delicious Booja-Booja chocolates.

Spicy Winter Soup

4 tablesp olive oil

3-4 carrots/3-4 sticks celery/4-6 onions

½ tsp black pepper, 1tsp cumin seed

6 cardamom seeds

4 cloves garlic, 1-inch fresh grated ginger,

2 tsp tomato puree. 2 tsp soft brown sugar

1 tbsp split red lentils

2 tsp Mediterranean bouillon, 1 ½ pints water

2 tsp curry pwdr/paste

chick peas, fresh toms, creamed coconut/yogurt
parsley or coriander

Warm spices (seeds) in pan .Add oil and fry onions, ginger and garlic 'til soft. Add chopped veg, cook for 5 mins. Add curry powder or paste, toms, lentils, chickpeas, tom puree, sugar, and stock.

Bring to the boil and simmer for 1½ hrs.

Blend when cooled, add coconut milk/yogurt. Serve hot, topped with chopped parsley/coriander.

Jerusalem Artichokes

We've just lifted the first of our Artichokes. It was like digging for treasure. Enjoyed it so much we took some pictures so we could show you the little beauties (see gallery on website).

Artichokes can be mashed, roasted, make lovely nutty salads.

They're deliciously gooey when braised with garlic, red wine and butter (see last months stove turnip recipe), Best of all Artichoke are soups. They also go well with cream and cheese.

Ok, so they cause some of us to bottom burp (not when eaten raw) but it's scentless, and better than whoopee cushions if you want a laugh at your next dinner party. (better for who!? - vegman)

Jerusalem Artichoke, Lemon and Parsley Salad

500g Artichokes, peeled.

Juice of 1 lemon, 2 tbsp olive oil, 1 clove garlic finely chopped,

1 onion sliced, 1 black radish or turnip peeled and finely sliced.

1 tbsp chopped parsley.

1 tbsp roasted, pine kernels or cashew nuts.

6 olives stones, removed and chopped.

S&P

½ saladbag, leaves roughly torn

Boil Artichokes in plenty of water, ½ lemon juice and salt. Cook for 8-10 min until tender.

While warm slice into 3mm pieces and put in bowl with rest of ingredients. Salad leaves can either be mixed in or heaped on top. Best eaten warm or at room temp.

Carrot & Artichoke Soup

300g Carrots,

500g Artichokes peeled and cut into chunks.

50g butter,

1 med onion, 2 sticks celery chopped.

1lt veg stock. S&P

Sauté onion and celery.

Add artichokes and carrots and sauté gently with lid on for 10 mins. Add stock and simmer for approx 20 min until soft. Liquidize. Reheat gently and season

For an even creamier soup, stir in a couple of tbsp or cream.

Raw Artichoke salad.

Peel, slice thinly and toss in lemon juice (immediately so they don't go brown) and olive oil serve with green salad.

Coleslaw

There are some great coleslaw vegetables about at the moment Celeriac, turnips, and black radish make great coleslaw along with the usual ingredients (white Cabbage, onion, and carrots).

Grate the vegetables, finely slice the white cabbage, add juice of ½ lemon, and mix well. Drain of any excess juice.

Mix with mayonnaise until creamy. Add S&P and finely chopped parsley.

Komatsuna

Nutritious greens, high in calcium & iron.

Komatsuna Sauté

Bag of Komatsuna, stalks and leaves cut and seperated

1 clove of garlic, sliced. Little grated nutmeg

1 tbsp of butter. Tbsp flaked almond toasted for 6-8 mins (optional).

S&P. (Add dried rosemary or thyme to salt grinder delicious in dishes like this).

Melt butter in large pan, and add garlic slices, and only brown slightly. Add stalks and saute for about 1 minute before adding leafy section. While adding salt and pepper, saute until leafy section wilts only slightly. Throw in almonds, mix and serve immediately.

The stalk retains its water throughout sauteing, so when chewing the juice mixing with the butter, garlic & nutmeg is truly delicious.

Kale

Kale is an extremely nutritious winter vegetable, and now we've had some frosts it will be sweeter and tastier than ever. Kale has a higher nutritional value per calorie than almost any other food. It is an excellent source of vitamin K, A, C, manganese, and is a good source of vitamin E, B1, B2, B3, B6, copper, tryptophan, calcium, potassium, iron, magnesium, omega fatty acids, protein, folate and phosphorus. Cabbage is also a good source of many of these nutrients.

Keep fresh by placing in an old plastic bag in the fridge and eat within a few days or it will go bitter and will loose some of it's wonderful nutritional value

Steamed or Boiled Kale

To ensure your kale is not to chewy, strip the leafy part from the main rib and shred the leaves before steaming for 7-8 mins.

Kale Pesto

I'm pesto mad these days. Well I would be if I hadn't managed to break my food processor (calamity by name!) Truth is if it's green try it blended up with pine kernels, olive oil, parmesan and garlic. Serve with delicious wholewheat spaghetti,(or white). Freezes well.

2 tbsp Olive oil,

2-4 cloves garlic crushed.

Bunch of kale.

Good handful pine kernels.

Juice of 1 lemon or lime. Parmesan.

4-5 tbsp cream yoghurt or crème fraiche (optional)

Strip thin leafy part from thick central rib and slice, steam for 7 mins. Cool, squeeze water from leaves.

In a food processor blend kale & garlic and a little grated nutmeg (optional).

Add rest of the ingredients (if using) and blend some more.