

Calamity's Corner

We have made some changes to the website: -

You can order a standard box plus anything else on the order page.

We are now selling wholefoods as well as the usual veg fruit and eggs.

A full version of customers adverts are on the website

We have also added an events page so if you would like to advertise any local events feel free to email us details.

Exchange and Marrows, past and present, can be read.

Onions are much more expensive than usual this year, much of last years European onion set crop failed due to the very hot June (we had not realized and by the time we tried to get them the seed companies were sold out so we have none at all) and now the wet has meant that much of the early European crop is not drying. Therefore we are not putting many in the smaller standard boxes if you would like more or would like to order them as an extra on top of your standard box just phone or email to arrange it, you can also order any other veg as a regular addition to your standard box.

Although the wet and cold weather recently has slowed some crops up fennel cucumbers and tomatoes are now ready and making an appearance in this weeks standard boxes. By next week broad and possibly runner beans should be ready.

Thanks for the feedback about last months recipes I've never had so many positive comments about the recipe page. Especially Eggs Florentine, and Beetroot in yoghurt

I know it's not veg but here's a delicious recipe sent to me by a customer, and as you can get organic sunflower pumpkin and gourmet seed mix on the website I thought I'd include it .

Savoury Seeds...those 'Munchy Seeds'...very nice, but veeeery expensive....here's how to do it at a fraction of the cost...

In a bowl, pour some olive oil (or other preferred), some freshly ground pepper, seasoning of choice - I use Schwarz Chicken seasoning & a little freshly grated parmesan - mix together, add enough sunflower seeds (or other preferred) to coat Thinly. Spread evenly & thinly onto baking tray - pop into hot oven (about 170 deg. fan) - bake for 10 mins max or until turning brown - warning...do let these cool slightly before eating - delicious!!

Seeds are good sources of protein, minerals, vitamins and unsaturated fats. Toasted seeds are delicious sprinkled onto salads. For plain toasted seeds spread

on an ungreased baking sheet at approximately 350°F/180°C (Gas mark 4) for 15-20 minutes, stirring often.

Grilled veg. Grilling veg such as peppers Aubergines Tomatoes Fennel and courgettes is a wonderful and quick way to cook them; it really brings out the sweetness and flavour.

Courgettes

A delicious and quick courgette recipe we love. Slice Courgettes (large ones are easiest) longways brush one side with olive oil and grill for 2or3 min. turn and put sliced or grated cheddar or parmesan on top and grill till cheese has melted.

This is also excellent way to cook Aubergines and Fennel,

For Aubergines grill both sides and use a baste with olive oil on both sides.

For Fennel Blanch first.

Stuffed Courgettes

Another one of my favorite quick and easy recipes Cut 2 medium sized Courgettes lengthways. Scoop out middle and chop up. Slice a few spring onions, and sauté in olive oil, add crushed garlic and either cooked rice or Quinoa, seeds or mixed beansprouts, the middles of the cougettes, a chopped tomato and some fresh herbs such as marjoram, basil or tarragon.

Cook for a few min's

Fill courgette skins and cover with grated cheese.

Bake in oven for 20 mins.

For an even quicker version grill courgette skins, skin side up whilst cooking the stuffing. Fill as above and grill until cheese is melted and bubbling.

Cheese and fennel Coleslaw

One fennel bulb

About 250g hearty pointed or round cabbage

200g cheddar

150ml (1/4pt) yoghurt or Mayonnaise

Wash fennel and cabbage and shred finely. Mix thoroughly with grated cheese.

Spoon in youghurt or mayonnaise and toss till all ingredients are coated.

Fresh Tarragon goes well in this.

Raw Beetroot Salad

Two large beetroot grated

Bunch spring onions chopped

Handful of sultanas

2 tablespoons sunflower oil

Juice of 1 lemon

Fresh basil, S&P

Mix together and enjoy.