

## What's in Your Box - July

July is the month when all our produce suddenly explodes into abundance - it's an exciting and very tasty month!

This is what you might find in your box through July:

**basil**—an incredibly versatile herb, we'll be cropping towards the end of the month. Add to anything with tomatoes, great in curries, make pesto!

**black currants**—we generally do fruit as an add on in the boxes so let us know if you want them. They are quite sharp to taste and should be cooked with a good amount of sugar. They make a distinctive addition to an apple crumble, a yummy preserve or simply reduce with sugar and a touch of water and mix into yoghurt.

**broad beans**—don't just eat these as a side dish; they are great in risottos, soups, salads, etc. Just make sure you take the time to pop them out of their casings as they are so much nicer without them.

**red cabbage**—in summer, I like to make coleslaw by the bowlful; mix with some shredded green cabbage, red onion, apple, beet, carrot, kohlrabi, fennel and anything else that shreds nicely—the more variety the better. It's as nice with an asian style marinade based around sesame oil, soy sauce and lemon or rice wine vinegar as it is with a mayo / crème fraiche one.

**carrots**—we continue to buy carrots in from other UK growers until our own appear, generally in late July or early August.

**chard**—probably the most popular green about, there are two types: swiss chard with a thick white stalk and rainbow chard, called so because of the fabulously coloured stalks—yellow, pink, and red. We tend to mix the two in our bunches. Easiest way to cook chard is to tear up leaves, taking the central stalk out, put a bit of water in a frying pan (about and  $\frac{1}{4}$  inch), throw your chard in, drizzle with olive oil, sea salt and garlic (optional), cover and cook on high heat for about 5 -8 minutes stirring occasionally and making sure that water doesn't completely evaporate. A squeeze of lemon at the end will take away the chalky feel it sometime get. Also, lots of people eat the stalks, chopping them up finely

and sautéing before adding the leaves. If you are making risotto (which chard is lovely for) definitely use the stalks as you would celery cooking with onions at the start of the dish.

**courgettes**—a summer staple, I look forward to these every year. There is so much you can do with them, from simply frying them up in olive oil and garlic to adding to pastas, curries and stir fries, lasagne and pizza.

**french beans**—the best of the beans in my opinion; you don't have to do anything more than steam them until just tender, slather with butter and sprinkle a little salt and squeeze a bit of lemon over them. Oh so good!

**fresh herbs**—using fresh herbs in your cooking will give it a rich, boisterous flavours. We'll be growing parsley, sage, thyme and oregano. Sage is great with roast meats; thyme can be mixed into ground beef to make a tasty difference in burgers and it's also good with roast chicken; oregano is good in lasagne and pastas and really good with tomato; parsley, you can put into just about anything to lift the flavour.

**kale**—we grow a range of different kales throughout the year - Russian kale, Curly Kale, Cavolo Nero, and other special varieties as well. Key to liking kale is cooking it until it's tender which does take a bit longer but it shouldn't be tough and chewy. It works particularly well when cooked with lots of garlic and well seasoned.

**kohl rabi**—everyone's favourite wierd vegetable. We grow purple ones and they are gorgeous! Eat raw grated in a salad or sliced as they come; steam and bake with butter and cream as a side. They have a wonderful fresh and slightly sweet flavour and firm texture.

**lettuces**—our lettuces are coming on and we are beginning to harvest but we are still buying in lettuces during this time of the year. These are always fully organically certified.

**mange tout**—these usually finish sometime in July, but you may have a few late ones appear in your box. They are flat, eat everything peas, and they are so nice!

**red and yellow onions**—our new season onions usually appear in July, though we may still supplement with Spanish onions early on in the month. Make sure you

use the long green stalks on the new season onions, just as you might on a spring onion. They cook up sweet and full of gentle onion flavour filling out what you get from the bulb.

**potatoes**—we're into our new potatoes by now and you'll may see some speciality varieties, like the blue salad potatoes, though we don't grow these every year.

**raspberries**—our first crop of these loveliest of berries starts in July. However, it can be a tricky crop and very weather dependent - you can't pick them if it's rained as them mold almost instantaneously. Like strawberries, our raspberries are grown to hold, so eat them a quickly and keep refridgerated.

**sorrel**—we don't always grow this unusual green, but when we do, it's lovely to have. It has a strong lemony flavour that is quite sharp if eaten raw; however this softens when cooked and it is *GORGEOUS* mixed into soups, quiches, curries and stir fries. Mixes well with spinach and chard also. See our recipes for ideas and try a couple.

**spinach**—delicious on its own or mixed with sorrel or chard; great for juicing as well.

**tomatoes**—by July, our own tomatoes are usually producing, though we sometimes mix them with the mini plums we've been buying in Isle of Wight.