

What's in Your Box - June

Crops are now well along and we're seeing more variety which will explode in the next few weeks!

This is what you might find in your box in June:

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!

beetroot—the weather always affects when our beetroot comes on; before our own beetroot is ready, we buy in UK beetroot, all fully organically certified by the Soil Association.

carrots—as with beetroot, our carrots are impacted by the weather; so at this time of year, carrots may be ours or coming in from Europe (usually Italian), though UK carrots will begin to appear from mid-June on.

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 sometimes 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.

cauliflower—we may have our own cauliflowers at this time of year which may make an appearance in the box. Our favourite dish is cauliflower cheese with a mustardy, cheesy white sauce and a side of potatoes. Perfect comfort food! But cauliflower also makes a nice cold salad (steam until tender, add pine nuts, raisins, capers and parsley and toss with vinaigrette).

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.

kohl rabi—everyone's favourite weird 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 start up in late May / early June, but we are still may buy in lettuces during this time of the year. These are always fully organically certified.

mange tout—eat everything peas, and they are so nice!

yellow onions—onions are still coming in from Europe at the moment but our lovely new season onions with the tops on also come on in June and will start to make an appearance in the boxex - make sure you use the green tops!

potatoes—potatoes in June are a mixture of the last of the stored potatoes and new potatoes. Ours often come on in late June and early July but we also sometimes buy in certified organic Pembrokeshire new potatoes until then.

rhubarb—we have small crop just coming on and hope to have enough this year to put it into our boxes. Rhubarb is very tart so needs a lot of sugar, but there is nothing like the flavour. Stew it up with a small splash of water and the sugar and eat with yoghurt or make a quick crumble. I also add a bit of orange juice when I'm cooking with it, to take away the funny chalky feeling you sometimes get.

strawberries—our strawberries are generally finished by mid-June, but you may get a punnet or two in the early weeks of the month depending on the weather.

spring greens—another cabbage variant where the head doesn't form but remains as loose leaves. These have a lovely fresh flavour and can be used like cabbage or any of the leaf greens.

tomatoes—we are usually still buying in Isle of Wight mini plum and salad tomatoes (as always, all fully organic) but our own tomatoes start appearing in boxes in late June and early July.