

## What's in Your Box - October

Crops are disappearing fast as we head properly into autumn. While we've tomatoes, french beans and peppers often still linger, they will go shortly and we'll start to see our root crops arrive.

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

**beets**—surprisingly versatile and make great soup, are good in cakes, lovely roasted or boiled. we grow golden and chioggia beets as well as the traditional red ones for a bit of colour!

**carrots**—we should be well into the crop by now but they will start to be loose rather than bunched in the boxes.

**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 complete 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.

**chillies**—we grow some hot ones, so watch out! They'll be with us into winter if we get a good crop - we dry them once the crop has ended.

**fennel**—has a white bulb and long fronds and a distinctive anise flavour. Lovely thinly sliced into salad or coleslaw like celery or you can bake in cream and top with cheese as a side (blanch them first before baking). The tops are nice used as an herb; chop finely.

**french beans**—French beans are 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.

**leeks**—a great winter favourite, it starts up in late October / early November and will take us well into the following year. It's one of those veg that you can do so much with. Make a pasta bake with sautéed leeks and a mustard béchamel sauce, or leek and potato soup, leek quiche, or just chop it finely and sauté it up slowly until it caramelizes as a side to meat or fish.

**yellow and red onions**—dried now and coming as the more typical bulb.

**parsnips**—Roast them, soup them, mash em! A great winter staple.

**sweet peppers**— we do peppers (along with chillies) really well and they are a staple of autumn. They are tasty and occasionally have a little heat (we were surprised to find one of the varieties is slightly spicy; so maybe good to taste them before you chuck them into a stir fry for the kids...)

**potatoes**—we grow a range of varieties—Colleen, Ambo, Remarka, Cara and the popular Arran Victory every year with some variation.

**salad leaves**—our winter staple is back. We grow a wide variety of leaves, including rocket, mizuna, mibuna (the long slender one), baby pak choi, red and golden streaks mustard and many others. The flavours are amazing.

**sorrel**—this unusual green 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; great for juicing as well.

**tomatoes**—we have three different types of cherry tomatoes: sungold (orange and really sweet); traditional Gardener's Delight red cherries; and Black Cherry tomatoes which are a purply color. We are also growing a range of big heirloom tomatoes that are enjoyed best sliced, drizzled with olive oil and balsamic and lots of sea salt and black pepper.

**winter squash**—another winter staple that usually takes us into January and sometimes beyond. We grow a wide variety of these, from the popular butternut and onion squashes to the beautiful muse de provence and blue ballet. Another versatile veg, try roasted squash on pizza with a tomato sauce base, or cut the tops off of small individual squashes, take the seeds out and fill with leeks, cheese and cream, then bake for an easy main course.