

## What's in Your Box - December

A few additions and subtractions from November's list. Make the most of you seasonal roots!

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

**beets**— beets will be a staple in the boxes this time of year. They are surprisingly versatile and make great soup, are good in cakes, lovely roasted or boiled.

**brussels sprouts**—we had a relatively small crop of these this year, but they should continue a bit longer. We may also buy-in UK sprouts from time to time, always organically certified by the Soil Association. Just top and tail, cut in half if they are large and steam until tender (careful not to overcook!)

**cabbage**—in the coming months, you'll see Savoy, Tundra, Red and others. My favourite is just to sauté some onion in butter, add cabbage and cook with a little water until cabbage is soft then add a splash of cream and cook a few more minutes until cream has thickened around the cabbage and onion; season with lots of salt and pepper. Remember that red cabbage needs different cooking as it's tougher, so look up a recipe for it. All work well raw in coleslaw.

**chillies**—once our chillies have ended, we clear the crop and dry whatever is left, so they will be popping up in your box from time to time. Both green and red are from the same variety, called 'ring of fire', so be advised that they are hot! Deseeding and deveining them will lessen the heat.

**carrots**—we'll likely be back on UK organic carrots by December - but you never know. If it's a good years ours could still be around.

**cauliflower**—another winter favourite! Cauliflower is so nice in soup, stir fry, roasts and the ever popular, cauliflower cheese!

**celeriac**—I always look forward to when celeriac turns up; it has a really distinctive taste. It is really good cooked (add to mash with parsnips and potatoes) or raw grated into a remoulade with a nice dressing.

**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'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. Look through the monthly recipe sheets for ideas.

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

**parsnips**—we got lots of them and they are looking great! Roast them, soup them, mash em! A great winter staple.

**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 finally coming 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.

**winter squash**—sadly, the rain and poor light levels, didn't do well by our crop of winter squash. We have a small one but nothing like what we've done in past years. Still you see some pumpkin and other squashes in the next month or two (please don't let us have a freeze though!)

**swede**—much maligned, swede is a really nice side when mashed like potatoes— with lots of butter, milk, salt and especially! fresh ground pepper.