

What's in Your Box - March

Into the heart of winter, this is what you might find in your box in March:

beets—we're mostly through our beets but there are still UK beets to be had. Beets are surprisingly versatile and make great soup, are good in cakes, lovely roasted or boiled.

cabbage—lots of cabbage to be had in March: 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.

carrots—we have some lovely UK carrots with great flavour!

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 can be cooked and made into a tasty mash or prepared raw in a remoulade or added to coleslaw. Parsnip and celeriac soup also makes a nice combo!

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.

kale—my favourite green! 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.

red and yellow onions—we are through our own onions at the moment and are buying in UK red and yellow onions. As always, anything we buy in will be fully organically certified by the Soil Association and as local as possible—Wales when available and otherwise UK; we may occasionally buy in European onions in the heart of the hungry gap (March - May), but we don't buy in beyond Europe.

parsnips—roast them, soup them, mash em! These are sweet and lovely.

purple sprouting broccoli—just a little bit left from winter, this one of my favourites and easy-peasy to cook. Just steam or boil until just tender (don't overcook!) slather in butter with a bit of salt and a squeeze of lemon.

potatoes—we are usually through our potatoes by March or April, but there are still UK potatoes available that we will be buying in. Our new potatoes come on in July.

salad leaves—our winter staple is a favourite. 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.

spinach—the spinach is coming on! It makes for a great soup, lovely addition to a curry or stir fry or just sauté up in a splash of water with salt and pepper and a good squeeze of lemon (it takes the chalky taste away.)

spring greens—a lovely variation on cabbage, these greens are so tasty this time of year. Saute with onions, butter and cream and serve as a side with sausage and mash! Also great in soups and stir fries.

winter squash—these may be about a bit longer, though our crop is likely to have ended by March; try them in stews and curries or make a quick soup with

sautéed onion, squash, stock and cream. Boil until squash is tender and blend together with lots of salt and pepper. Top with a blue cheese and toasted walnuts!

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