

What's in Your Box - November

The cold is setting in and we can feel winter approaching. Time for lots of roasts and stews with lovely root vegetables and brassicas.

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

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.

cabbage—cabbage comes on in November and through 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.

carrots—we may be through our carrot crop by now and back on other UK organic carrots - though if it's a good year, ours may last a little longer.

cauliflower—a winter favourite! Cauliflower is so nice in soup, stir fry, roasts and the ever popular, cauliflower cheese! It will appear periodically throughout the winter as it's grown widely through the UK. We usually have a small crop of our own as well.

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.

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.

fresh herbs—using fresh herbs in your cooking will give it a rich, boisterous flavour. We grow 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'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.

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.

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