

Last year it was snow and freezing temperatures. This Yuletide its been **wind** and too warm to store veg out of Coldstore!

We were without electricity last week for two days at the farm just as everyone returned to work. Happily instead of turning tail and going home again all the crew did their best and we made it through, with everyone getting their Vegbox we think. If your veg was dirtier than usual or had blemishes then we apologize, but we just couldn't see it properly. Fairy lights are all very well on a Christmas Market stall.....

We do try to ring the changes at the beginning of the year and box veg that you may not have had at Christmas and which is nutritionally useful.... well all veg is but that would be stating the obvious. So it is crisp **peppers** and **cress** and **sprouting seeds** for sandwiches and salads etc; **pumpkin** for soup, curry or roasting with your **coloured beetroot** and those knobbly **Jerusalem artichokes** that we start on with gusto in January as a different taste.

This week its big **baking potatoes**, and then the clean flavours of coleslaw with **red onions**, and **fennel** in its pomp. What comes in from Italy is always big and beautiful at this time of year and very welcome as is the peppery taste of **rocket**. **Fennel** makes a lovely soup where you can adjust the aniseediness say with the addition of **sweet carrot**.

Recipes overleaf!

For the last month our **mushrooms** have been coming from a different grower and we are impressed with the mushroominess (laud I'm obviously struggling for verbal lucidity here) and keeping quality. Hope you agree. Seasoned customers will also remember that this is the season for small Spanish **avocados**. . Afficionadoes can have **4 for £2** as an extra this month (or more if they come in smaller)

Other Bulk offers available this month are:

5k Carrots £5.00

5k Blood or Navelina Oranges £9.00

5k Baking Potatoes (like this weeks) £4.00

We'll try and run something every month and post it up on the website too...
Offers only available to Vegbox customers!

Oh and of course Its **Marmalade time** and the **Sevilles** look good

5k Marmalade Oranges £14.00.

5k Fairtrade Golden Granulated to go with it £12.50 (same as we use to make the famous Dundee)

Our young pullets have had a bit of a roller coaster ride since their arrival,(hens hate wind and they'd never seen the outside before never mind been blown backwards) but now they are settling in and discovering the delights of kale and brussel sprouts like the rest of us. They are also rewarding us with eggs.. small at first.

So until they grow bigger **Pullet Eggs** available at **£1.20 a box or £5 a tray.**

They are great for small person eggs, salads, canapés, scotch eggs and weigh in at 2 of them to a little over 1 large and are full of vim and vigour.

Lastly may all of us here wish you all a Good New Year, thankyou for your Christmas wishes and cards, and say hello to the many new customers who have obviously resolved to start 2012 on the right foot and EAT MORE VEG. We look forward to providing it.



Sautéed Jerusalem artichokes with garlic and bay leaves

To serve 4, you will need 600g/1lb 6oz of **Jerusalem artichokes**. Peel them, then cut them into chunks. Place them in an oiled frying pan and fry on a medium heat until golden on both sides, then add a few **bay leaves**, 2 cloves of **garlic**, finely sliced, a splash of **white wine vinegar**, some **salt and pepper**, and place a lid on top. After about 20 to 25 minutes they will have softened up nicely and you can remove the lid and the bay leaves. Continue cooking for a couple of minutes to crisp the artichoke slices up one last time, then serve straight away. They go well with both meat and fish and are particularly good in a plate of antipasti, or in soups or warm salads.

Jerusalem artichokes in wine, rosemary and cream, serves 4

2 tbsp oil
450g artichokes, scrubbed & sliced
2 garlic cloves, minced
salt and pepper
1 tbsp chopped rosemary, or 1 tsp dried
120ml white wine
60ml double cream
Fry the artichokes and garlic for 2 mins.
Season with salt and pepper, add the rosemary and wine; cook over a high heat until the wine is reduced by half.
Add 1 tbsp water, cover and simmer until the artichoke is just tender, between 1 and 5 minutes.
Remove the cover, add the cream, and reduce the sauce for a couple of minutes until thickened.



Jerusalem artichokes soup

4 Jerusalem artichokes, peeled and diced
1 garlic clove, crushed
½ onion, sliced
290ml/10fl oz water
1 vegetable stock cube
salt and freshly ground black pepper, to taste
2 tbsp parsley, chopped
1 tbsp double cream

Place the artichokes, garlic, onions and water into a pan, bring to the boil, then lower the heat to a rapid simmer. Cook for 8-10 minutes.
Crumble in the stock cube and season to taste.
Remove from heat, place into a blender, and blend until smooth. Add the chopped parsley and the cream, and pulse again a couple more times.
Serve in a soup bowl.

Carrot Fennel Soup

Carrots and fennel caramelize when roasted at high heat, then release their sweet essence when blended. A drizzle of fennel-seed oil echoes and intensifies the fennel flavour.

2 medium fennel bulbs with fronds
1 lb carrots, quartered lengthwise
1 medium onion, quartered
1 garlic clove
5 tablespoons extra-virgin olive oil, divided
1/2 teaspoon sugar
2 1/2 cups reduced-sodium chicken broth
2 1/2 cups water
1 teaspoon fennel seeds
Special equipment:
an electric coffee/spice grinder
Preheat oven to 450°F with rack in lowest position.

Chop enough fennel fronds to measure 1 tablespoon and reserve. Discard stalks and remaining fronds. Slice bulbs 1/4 inch thick and toss with carrots, onion, garlic, 3 tablespoons oil, sugar, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Spread in a 4-sided sheet pan and roast, stirring occasionally, until browned and tender, 25 to 30 minutes.
Blend half of vegetables in a blender with broth until very smooth. Transfer to a medium saucepan. Repeat with remaining vegetables and water. Thin to desired consistency with extra water and simmer 2 minutes. Season with salt and pepper.
Meanwhile, finely grind fennel seeds in grinder and stir into remaining 2 tablespoons oil.
Serve soup drizzled with fennel oil and sprinkled with reserved fronds.