

Organiclea

Food growing on London's edge









28 October 2009

Local Food News

News from our East Anglian suppliers: Hughes Organics

We've enjoyed some good long rain this week and it has remained quite warm, which has really brightened the crops up.

The Broccoli especially has responded well and is in particularly good condition. We also have several different sources now which enables us to keep supply more regular. It is such a popular vegetable but doesn't keep well and has to be moved to the plate as quickly as possible, and it doesn't like getting warm. This is the only time of the year we feel really comfortable with it. It does look very good at the moment though.

The Kales and Cabbage also respond well to these conditions so generally it is the best time of year for the Brassicas with the Cauliflower and Romanesco also still going strong. Good news for Greens lovers.

Best wishes,
Grahame and Lizzie Hughes

In your bags this week

Where not stated, produce is from Hughes Organics and small farms in Norfolk, Cambridgeshire and Suffolk. Contents may occasionally vary due to availability.

Standard Vegetable Bags have potatoes, carrots, red onions, ultra-local chard (or spinach) from Leyton, ultra-local tomatoes from our hawkewood site, red peppers (if available) and of the season we were lucky to get them! celery and sweet potato. (Sweet potatoes are always available through Hughes from USA, but a real treat this week as we can get them from Spain. What excitement!). The 'sp-potato' bags have beetroot.

Small Vegetable Bags have potatoes, red onions, ultra-local chard (or spinach) from Leyton, mushrooms, beetroot and red pepper.

Standard Fruit Bags have Bananas, (Dominican Republic), coconuts, lemon (Spain), Kent fruit (Italy) and conference pears.

Small Fruit Bags have Bananas, (Dominican Republic), coconuts, lemon (Spain) and Kent fruit (Italy).

Lemon Ideas

No, they're not very local are they? But they're essential in so much cooking... and a great way to up the Vitamin C intake as winter gets nearer. Here are a couple of interesting ideas for using in a savoury way...

Basmati Rice with Lemon

Throw some onion, garlic and oil into a pan and fry. Add rice, and some water or stock, and bring to the boil. Add the juice and zest of a lemon, and either thyme or parsley for a bit of extra flavour. This would go great with a Mediterranean stew or curry for a more special dinner.

Broccoli steamed with lemon and garlic - You can also try mixing steamed broccoli with some olive oil, garlic and just a bit of a lemon as a side dish. (for scheme members - we'll have broccoli on the stall on Saturday for this recipe)

Pumpkin & squash eve - 3 November

In this season of beautiful pumpkins, the November meeting of East London Organic Gardeners will be a pumpkin/squash evening. Bring a pumpkin and sculpt a face to hold a candle for Halloween. Guess the weight competition. Recipes and tasters. Non-members welcome. It's on Tuesday 3rd November at 7.45 pm at the Welcome Centre, Church End, Walthamstow Village, E17 9BU (next to St Mary's Church).

Dr Bike and craft sale this Saturday

Don't forget if your bicycle needs a bit of attention you can bring it along on Saturday for the Dr Bike surgery (12-1pm), and the knitting and crafts group will be here too selling hand-made items (including Halloween specialities) outside the Hornbeam from 10am-4pm. And there will be Halloween pumpkin soup in the cafe...



Organic Community Growers and the Hornbeam Centre
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