



February 2009

Winter vegetables – what is that thing and what can I do with it?

Is it brown/cream coloured and smells like celery? – Celeriac

This recipe comes highly recommended by another local grower:

Chop into 1cm cubes, fry in olive oil with a pinch of paprika, then dress with sour cream and mustard.

Also very tasty cut into matchsticks and stir-fried, the sharp celery flavour stands out among the other veggies. And it's surprisingly good mixed in with mashed potato – just boil and mash them up together.

Is it a green ball with strange markings? – Kohl rabi

Kohl rabi is actually the swollen stem of a cousin of the cabbage, and not a root, despite appearances.

Recommended treatments include grating it up raw for salad, chopping into chunks for stews and winter pies, or if you're feeling ambitious, peeling it, hollowing it out, stuffing it with cooked rice and veggies (plus cheese and or meat if you eat them) and baking it in the oven for 20 minutes or so.

Does it have green spoon-shaped leaves? – Pak choi

Pak choi is another brassica, and a stalwart winter veg.

Stir-fry is generally the way to go with this, specially with sesame oil, although it's also good in salads or lightly steamed as a green veg.



This week's Unusual Vegetable: rainbow carrots –

these may be purple, yellow, orange, or anything in between, but can be cooked like normal carrots.

If those root veggies are piling up, a big stew is a good way to go – you can just boil them up in a big pot of stock, thicken it a bit with a smidge of flour after 20 minutes or so, then add a few beans for some protein, and some herby dumplings (mix 100g self-raising flour with 50g suet (veggie or otherwise), 1 tsp mixed herbs, a pinch of salt and just enough water to make it all stick together. Roll it into balls and drop them in the stew for another 10 minutes).

My favourite though is to chop everything into even-sized pieces, lay in a baking tray or dish with oil, add some whole cloves of garlic and some pumpkin if there's any still around, and put it in the oven about Gas Mark 6 and forget about it for an hour. Come back and make some couscous with toasted seeds and spices, and dinner is done.

Spring vegetables – coming soon!

The pigeons have been forced to peck all the leaves off the curly and the black kale and the sprouting broccoli while it's been snowy and there wasn't much



for them to eat, but I expect the plants to recover soon and the sprouting to start sprouting, so everyone's favourite Purple Sprouting Broccoli should be in the bags before too long.

As soon as temperatures start to warm up everything that has been biding its time in the polytunnel will get going – spinach, spring onions, and salads. I will be sowing some new stuff too – trying out some indoor peas for an early crop plus new salads, radishes, and herbs.

If you need to cancel your bag, please give as much notice as possible so I can plan for it when ordering extra veg. I really need to know by Tuesday at the latest. Thanks.



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