



October 2009

### What IS that thing?

The summer veg is more or less over now. I am in the process of taking the tomatoes and cucumbers out of the tunnel and planting it up with salad and stir fry leaves for the winter. The frost will soon knock out the courgette plants, and the focus of the bags will shift towards root veggies and brassica leaves (cabbages, kales, cavalo nero, mustard etc).

So this weeks answer to “what IS that thing?” is most likely to be “celeriac” – that’s the strange looking lumpy thing that smells slightly of celery. The first lot of parsnips are also in this week.

As to what to do with it, you can treat it like any root veg and put it in pies, soups, stews etc. It’s also tasty boiled and mashed up with potatoes (less celeriac, more potatoes) and butter. Or try this recipe (from the BBC goodfood website) for oven chips:

1. Peel the celeriac, slicing off the top and bottom and sweeping down the sides with a heavy, sharp knife to remove the tough skin. Cut the celeriac into thumb-thick slices and then into fat chips.
2. Bring a very large saucepan of salted water to the boil, throw in the chips and blanch (boil rapidly, uncovered, for 1-2 minutes). Drain the chips and throw back into the saucepan. Add the oil, curry powder and sea salt. Toss until well coated.
3. Spread the chips over a large heavy baking sheet, leaving plenty of space (you may need 2 sheets). They take 30-35 minutes to cook, at 230C/ gas 8/fan 210C.

For more recipes or if you can’t identify something, try [www.vegbox-recipes.co.uk](http://www.vegbox-recipes.co.uk)

### Changes

If you need to cancel a bag or order one unexpectedly, please let me know by the Tuesday of that week so I can plan for it, and your veg won’t be wasted.



### Storing produce

Beetroots , carrots and radishes will often be supplied with the leaves still on – when beetroot leaves are still fresh and bright they make a lovely green vegetable steamed like spinach or chard. BUT, if you’re going to be keeping the veg for a while, do take the leaves off, as they will suck water out of the root, causing it to go soft faster.

### Thanks for supporting local organic growers

There has been quite a bit of negative publicity directed towards organics lately, with the media getting very excited over the Food Standards Agency’s conclusion that they could find “no evidence that organic food is healthier” after looking at a few studies of a few nutrients, and Zoe Williams having a rant in the Guardian after somebody was convicted of reselling ordinary pies as organic and making a vast profit.

On the other hand, organic veg contains no pesticides, organic farms have higher biodiversity of species large and small, and far fewer fossil fuels are used in the production of your veg. It’s also fresher when it gets to you – some picked the same day. It’s grown with respect for nature and the customer.



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