



What IS that thing?

This month's unfamiliar vegetables are Jerusalem artichokes – they look a bit like ginger, but have a strong nutty flavour.

As with most root veg, you can roast it, mash it up with potatoes, make soup, add it to stews...

I like it sliced finely into stir fries, and I have heard it suggested it tastes a bit like water chestnuts cooked that way.

www.veg-box-recipes.co.uk suggest grating it (or julienning it, if you must) in a salad with carrots, and toasted pinenuts

There's also a recipe for soup in the Winter 08 newsletter on the website.

What is that that thing? Part II

You may also have some Mooli in your bag – a giant white radish, also known as Daikon. It's a brassica root, slightly peppery, tasty in stir fries (isn't everything?) grated in salad or dipped in humous.

You may notice that your veg is muddier than usual this week. This is because... it's been raining! Your hardy local veg growers have been wresting it out of the ground regardless, and we've left the mud on because generally root veg stores much better that way. We realise it takes a bit longer to prepare this way, but we think the advantage of it keeping longer is too good to miss.

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.



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