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Veggie Box Newsletter 6 May 2020

Welcome to

Live Well Community Supported Agriculture

Hi Everyone,

I hope everyone is enjoying the produce in our veggie boxes. Autumn is when I start making soups, and stews and generally using the slow cooker a lot more. And I did this week, trying out a Jerusalem Artichoke & Garlic Soup recipe for the first time.

In the past I've tended to roast Jerusalem Artichokes along with other seasonal root vegetables, or add them sparingly to a mixed vegetable soup. Either way, I have never experienced any digestive issues with them, however I did want to warn people that Jerusalem Artichokes do have a reputation of giving you gas, thus their nickname of Fartichokes!

Too many at once and you can end up with a tummy ache. This is due to the high level of inulin in the vegetable. Apparently adding fennel or caraway seeds to your soup acts as a remedy. And some other ways of preventing any digestive discomfort are peeling off the skin before cooking; slow roasting the vegetable; or using lemon juice in the cooking water. They are such a nutritious and tasty vegetable, so enjoy...but go gently.

'Nothing in nature blooms all year. Be patient with yourself.'



Bike Rides & Autumn Leaves

Just an easy and fun activity to do with the children or while taking a walk around town. I like to take a little cloth bag with me, and am currently collecting autumn leaves, which I make into natural confetti. This is for a wedding, but it could be used for any special occasion. Have fun! And enjoy the colouring in page this week as well! Feel free to send us a picture of it completed, and we will share it in the next newsletter.



Recipes

Roast Jerusalem Artichoke, Chestnut & Thyme Soup

INGREDIENTS

Jerusalem artichokes
olive oil
onion
garlic
thyme
cooked chestnuts
chicken stock
double cream

INSTRUCTIONS

• 1

Heat the oven to 180C/fan 160C/gas 4. Spread the artichokes on a tray and drizzle over a little olive oil. Season with salt and pepper, and roast for 15-18 minutes until they're golden brown and tender. In the meantime, add a drizzle of olive oil to a pan on a medium heat. Add the onion, garlic and thyme, season with salt and pepper, and fry for 10 minutes until soft but they don't take on any colour.

• 2

Tip the cooked artichokes and half of the chestnuts into to the pan with the onions. Give everything a good stir and then add the chicken stock and simmer for 10 minutes. Add the cream and bring to the boil. Whizz in a liquidizer or with a stick blender until smooth and strain through a fine sieve.

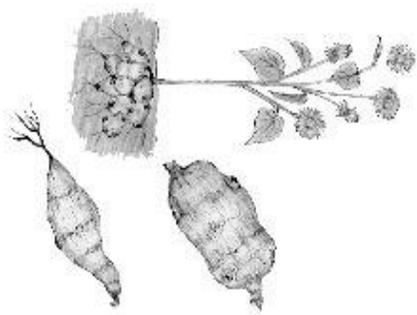
Crush the remaining chestnuts into smaller pieces and dry fry until they become a little crunchy, take out and allow to cool a little.

To serve, heat the soup back up, pour into bowls, and sprinkle over the roasted chestnuts. Finish with a drizzle of olive oil and a few fresh thyme leaves.

Jerusalem Artichoke

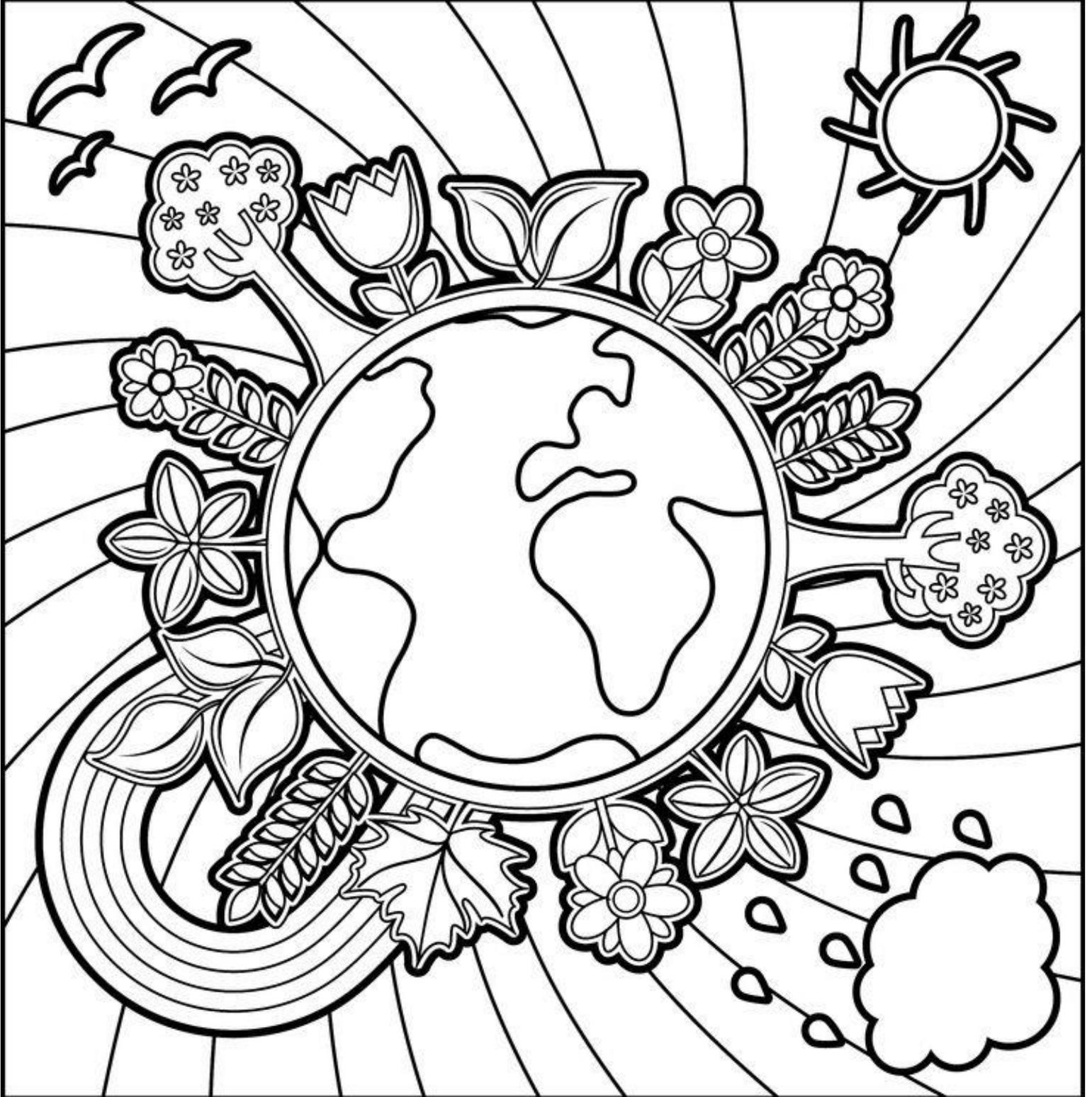
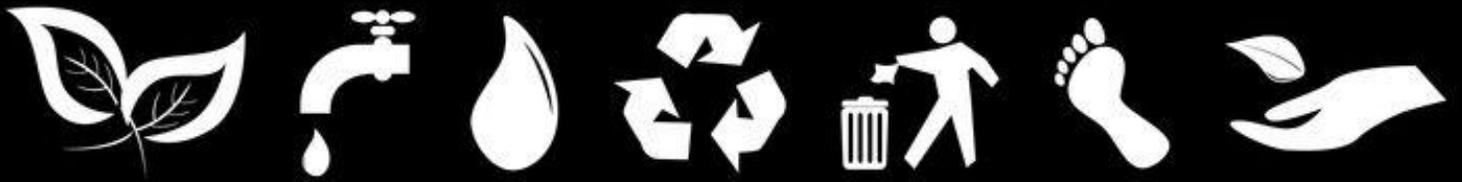
Helianthus tuberosus

The name is deceiving as these little vegetables are not actually artichokes, nor do they come from Jerusalem. They are, in fact, a species of sunflower that comes from central North America, and the tuber can be cooked in much the same way as potato or parsnip. They have a lovely nutty flavor and are a great source of iron.



We have really enjoyed the Jerusalem Artichokes from our veggie box. I didn't make the above recipe last week, but did make a similar soup without the chestnuts, cream and thyme. Instead, I added some black pepper, parsley from the veggie box, and parmesan cheese. Basically, you could add anything you like to the basic recipe of artichokes, onion, garlic and stock. I like the idea of adding truffle oil and mushrooms, and think I'll give that a go this week. What have you been doing with your Jerusalem Artichokes? Why not let us know and we can share your ideas in the newsletter.





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