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Veggie Box Newsletter 3rd March 2020

Welcome to

Live Well Community Supported Agriculture

Hi Everyone,

We hope you have been enjoying the wonderful range of fresh, organic vegetables provided in your veggie boxes. Purchasing locally grown food has many benefits:

- We know that store bought produce has often been harvested early in order to be transported, and therefore is not quite ripe. On the other hand, locally grown food is full of flavor because it is picked at its peak of ripeness, and
- Because it has a shorter time between being harvested and your table, it retains more nutrients and antioxidants. We are so fortunate to be able to purchase food in the afternoon that was in the ground that very morning.
- So, by eating seasonally and locally, we ensure our food is full of flavor and good for us!

This week's star vegetable is Zucchini. I had some fun making this pizza style dish, and it's quite simple - just roast some thick slices of potato until crispy, then add a layer of basil pesto and zucchini. I had an abundance of young zucchini at the time, and enjoyed the effect of leaving the flowers on. Finish off in the oven for another 5 or ten minutes, and season to taste. Enjoy!



Is it difficult for you to afford a weekly veggie box? Or would you like to get out in the fresh air, get a bit of exercise and commune with nature? Would you like to learn some more about growing quality vegetables? If any of these apply to you, you might be interested in a 'Working Share'. There are lots of different activities happening on Caleb's farm every week; if you help out you can get a veggie box in return. Contact Robin for further information.

'The glory of gardening: hands in the dirt, head in the sun, heart with nature. To nurture a garden is to feed not just the body, but the soul.'
Alfred Austin

SPUD ME!

'Hmm...thought the villagers. If a vegetable has to be so heavily guarded, there must be something special about it.'

From
The Potato King by Christoph Niemann

Down the Road Farm provide us with six wonderful varieties of potato. Here is a little information about each one. Do let us know if you have a favourite potato recipe you would like to share, and we can place it in the next newsletter.



ABOUT OUR POTATOES...

Dutch Cream

Is an exceptionally creamy potato, with rich yellow flesh and a waxy texture. It is perfect simply boiled or mashed with a little salt. It is also ideal for roasting or baking, for a gratin, puree or soup.

King Edward

This is a very old English potato variety and has creamy white flesh and a floury texture. It is great for baking, and mash, and it makes beautifully fluffy roast potatoes. It is a good all-rounder, but not recommended for salads or frying.

Nicola

Has quite a long to oval shape, with rich yellow flesh and a sweet, buttery, nutty taste. It is a great all-rounder, being especially good for salads, boiling and baking. It makes wonderful mash and gnocchi. It is not recommended for frying.

Pink Eye

These pretty potatoes have a creamy yellow flesh that tends to be waxy with a nutty flavor. They are best for salads, boiling, steaming and baking. They are wonderful boiled and buttered as new potatoes, and are quite good microwaved.

Purple Sapphire

Is a spectacular purple potato with rich purple flesh that maintains its colour when cooked. It makes the most striking mashed potato.

Red Rascal

Are flavoursome potatoes that have dark-red skin and white flesh. They are great for boiling, baking, mashed or fried.

Source:

<https://taspotatoes.com.au/>

Zucchini!

Cucurbita pepo



Although we treat zucchini as a vegetable, it is botanically a fruit - a berry called a 'pepo'. The lovely squash we eat is the swollen ovary of the zucchini flower, and is at it's sweetest when it is around 20cm long. Zucchini is also known as courgette, summer squash, marrow or baby marrow and grows abundantly at this time of year. It is highly nutritious

Storage:

One great way to store zucchini is to simply grate it and place in containers in the freezer. You can saute shredded zucchini, use it to make fritters, add it to pasta with a little olive oil, parmesan and garlic, or add it to muffins, cakes, bread, and soups etc. I enjoy using it instead of a regular pizza base. Enjoy experimenting with this versatile summer squash.

Preparation:

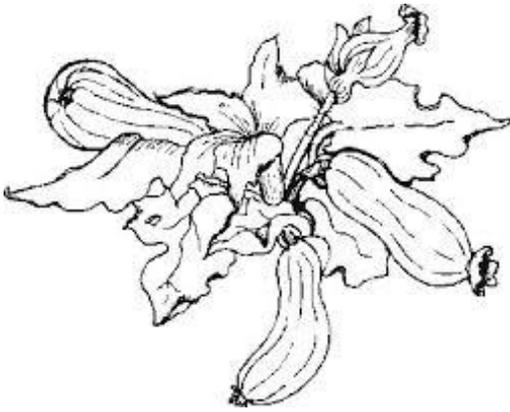
Zuchinis don't like to be boiled, but are great steamed, sautéed, stir-fried, or grilled.

More Ideas for Cooking:

You don't have to cook them! You can spiral them into pasta noodles or ribbons and simply add your favourite pasta topping; slice them thinly longways and use them as a wrap; or add them to salads or dips. Zucchini boats are wonderful too, and don't have to be cooked – just add some garlic sauce and walnuts for a tasty, nutritious meal.

Zuchinis range from yellow to light to very dark green in colour. Some varieties are striped and although most are cylindrical in shape, there are a few, more

Recipes



EASY SAUTEED ZUCCHINI WITH PARMESAN

Ingredients:

- 1 tablespoon of olive oil
- 2 tablespoons of butter
- 1 medium size onion, thinly sliced
- 4 medium size zucchini, sliced into (approx.) 2cm thick rounds
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ½ teaspoon dried thyme
- ¼ cup of grated parmesan

Instructions:

1. Heat the olive oil and half the butter in a large frypan over medium-low heat. Add onion and cook gently on medium-low heat until they begin to brown. Add the zucchini, salt, pepper, thyme and remaining butter.
2. Increase the heat to medium. Continue to cook until the zucchini is just cooked through and beginning to brown, about 10 to 15 minutes. Sprinkle with parmesan on serving. Enjoy immediately!

HEALTHY COCONUT KALE GREEN MUFFINS (VEGAN)

This recipe is shared by Alice, and was made as a lunchbox snack. She didn't have maple syrup so used half honey and half raw sugar, and added a little extra salt to the recipe: the result was 'yummo!'

Ingredients:

- 2 cups of plain flour
- 2 teaspoons of baking powder
- 2 teaspoons of ground cinnamon
- ½ tsp bicarbonate of soda
- ¼ teaspoon of salt
- 1 large banana
- ¾ cup of coconut milk
- ½ cup of coconut oil
- ½ cup of maple syrup
- 2 teaspoons vanilla extract
- 1 flax egg, or one regular egg (1 tsp ground flax mixed with 2 1/2 tsp water, let sit for 5 min)
- 3 cups packed with kale leaves
- ½ cup of shredded coconut, plus about 2 tablespoons for topping

Instructions:

Preheat oven to 180 degrees. Line a muffin pan with liners, or spray with a little cooking spray.

In a large bowl, mix together all the dry ingredients.

Add all the remaining ingredients, except for the shredded coconut to a blender and blend until smooth.

Pour wet ingredients into dry ingredients and mix until combined. Stir in the shredded coconut.

Scoop the muffin batter into the muffin tin and top each with a sprinkle of shredded coconut. Bake for approx. 20-25 minutes or until cooked through.

Source:

<https://www.shelikesfood.com/healthy-coconut-kale-green-muffins-vegan/>



Hints & Tips

Feel free to submit any ideas you would like to share.

This week Robin mentioned that she finds that if you cook peas in their pods first, shelling them becomes much easier than preparing them beforehand. The soft shell falls away much more smoothly.

