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## Veggie Box Newsletter 18th March 2020

# Welcome to

## Live Well Community Supported Agriculture

Hi Everyone,

Last week I had the pleasure of visiting Cabe at Down the Road Farm, and had a beautiful morning checking out where our fresh, local, and organically grown produce comes from. As Cabe harvested produce for your boxes, I enjoyed tagging along, learning a little of the philosophy behind biointensive farming and some permaculture principles.

I was excited to see how a piece of land that could no longer sustain its traditional garlic production, could become such a fertile and thriving environment for other crops in such a short time. With a focus on soil fertility and sustainable practices Caleb has transformed this otherwise abandoned paddock into a highly productive environment.

If you have time to visit the farm, I highly recommend it, and if you would like to get involved, help is always greatly appreciated, especially in the Spring sowing season.

I came away completely inspired by Cabe, and deeply appreciative of his willingness to put himself forward in our community— did you know five years ago Cabe knew nothing about farming, but he did have a vision for community interaction and resilience.

In these uncertain times of COVID-19, it is particularly important that we maintain a grounded sense of community and boost each other's morale. Stay safe!



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.

*'When you eat good healthy food you end up thinking good healthy thoughts.'*  
Cabe from Down the Road Farm, Lapoinya

# Recipes

## ROASTED YACON WITH FETA, CHILLI & LIME

### Ingredients:

500g yacon  
1 garlic clove  
1 lime  
1 chilli  
50g rocket  
100g feta  
Sea salt & freshly ground pepper  
2 tbsp extra virgin olive oil



### Instructions:

1. Preheat your oven to 180C. Scrub and peel the yacons and cut into small fingers. Scatter onto a large roasting tray, and toss with 1tbsp of olive oil and a pinch of salt and pepper. Roast for approximately 30-35 minutes, turning halfway, until the fingers are tender.
2. While the yacon is roasting, peel the garlic clove and finely grate it into a bowl. Grate in the lime zest and squeeze in the juice. Whisk in 1 tbsp oil and a little salt and pepper to form the dressing.
3. Slice the chilli thinly on the angle.
4. Transfer the cooked yacon onto plates. Scatter with rocket leaves, feta and chilli to taste. Finish by spooning over the lime dressing.

(from Sam Richards, Abel&Cole)

## YUKON STIR FRY

### Ingredients:

100g sugar snap peas, sliced diagonally  
800ml water  
Pinch of sugar  
½ tsp of salt  
1 yacon (250g)  
2 tbsp cooking oil  
2 garlic cloves, chopped  
1 red capsicum, cut into 2cm squares  
15g goji berries, rinsed  
1 tbsp oyster sauce  
1 tbsp cornflour mixed with 3 tbsp water

### Instructions

1. Boil half the water, add a pinch of sugar and blanch peas for 1 minute. Put aside.
2. Fill a bowl with remaining water and salt. Peel the yacon and cut into 2cm cubes until ready to use.
3. Stirfry all ingredients, adding cornflour mixture last.

# Yacon!

## *Smallanthus sonchifolius*



*'We abuse land because we regard it as a commodity belonging to us. When we see land as a community to which we belong, we may begin to use it with love and respect.'*

Aldo Leopold

*You know how sunflowers bring so much joy at this time of year, well the yacon is a close relative! Also known as the 'earth apple' or 'sun root', this tuber vegetable is sweet and juicy and wonderfully crunchy when eaten raw. Yacon is a herbaceous perennial that is native to Colombia and Ecuador, and is known to be a great prebiotic because it contains fructooligosaccharides that are used by our beneficial gut bacteria – great for enhancing colon health and aiding digestion.*

### Storage:

Store yacon in a cool, dark place, as you would potatoes.

### Preparation and Cooking Ideas:

You can treat yacon like a mild apple, or like other root vegetables. I have tended to eat it roasted with other root vegetables during winter, but yacon can also be boiled, cubed and placed in casseroles and stews. It can be grated into slaw or added to any salad raw. You can even juice it in your smoothie.

### More Ideas for Cooking:

If you are lucky enough to get some of the furry leaves, you can cook them as you would spinach, or make them into a tea. They are full of prebiotic and antioxidant qualities.

Yacons tubers can be red, orange, yellow, pink and purple...or white. If you are adding them to salad, peel, and then toss in a bit of lemon juice first so they don't discolour. Yacon absorbs dressings well and so can make a great vehicle for other flavours.

