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Veggie Box Newsletter 8 April 2020

Welcome to

Live Well Community Supported Agriculture

Hi Everyone,

When considering what to write here in such challenging times, a quote from the Quaker missionary Etienne de Grellet came to mind. He said, 'I shall pass this way but once; any good that I can do or any kindness I can show to any human being; let me do it now, for I shall never pass this way again.'

I was so thankful to be involved in our Community Supported Agriculture when I could offer a friend a weekly veggie box and some bread while they were in quarantine. They had no family to shop for them on returning to Tasmania from living overseas. So, along with some preserves from our garden, some homecooked meals and some everyday items from the locally owned shop, we were able to drop off a care box each week at his gate. 'You have been keeping me alive here and I thank you for that,' he messaged.

Thich Nhat Hanh said 'if you truly get in touch with a piece of carrot, you get in touch with the soil, the rain, the sunshine. You get in touch with Mother Earth.' As I thought about my friend, I also thought of all the people involved in him receiving the care box - to Cabe our farmer, Live Well's coordinator Robin, and project manager Kelly, to all those who help at the two farms, or help prepare the veggie boxes each week, thank you. They say it takes a village...and it does. How fortunate we are to be part of our Live Well community.



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.

'Every small action matters because when 7 billion people do that thing, it changes the world.'
Achim Steiner

Recipes

CHILEAN GUAVA SAUCE

Ingredients:

175g Chilean guava
Water or orange juice
Sugar

Instructions:

1.
Put Chilean guava into a saucepan and add enough water to just cover them. Simmer gently until just cooked.
2.
Strain off the liquid and weigh the berries.
3.
Weigh the sugar to half the weight of the berries and add. Stir in and dissolve..
4.
A great accompaniment for pork or chicken.

(from Tharfield Nursery Ltd)



CHILEAN GUAVA JELLY

For six cups of fruit add 4 cups of water and cook until soft. Mash them and tie them in muslin to hang overnight, catching the liquid. Add ½ a cup of sugar to the liquid and boil for 8-10 minutes, testing as for jam (they're high in pectin).

Chilian Guava

Myrtus ugni



Isn't it wonderful to find surprises in your box? Last week we had the beautiful, candy-like Myrtus berries, thanks to Robin. Nothing like having a taste of something new and delicious to make you want to grow them yourself, especially when they have already been proven to grow well in Tasmania. Tas Myrtus Berries Pty Ltd commercially grows them under the registered trade name Tazziberry, and apparently this is the only commercial venture known to exist. The taste is a combination of wild strawberries, pineapple and Gravenstein apples, and although they taste amazing fresh, there are unlimited ways you could incorporate them into your cooking. I love the slightly sherbet quality of them and found them very addictive.

Preparation and Cooking Ideas:

You can treat myrtus berries like it's cousin blueberries, so jams, jellies, sweet pies or add them to a salad for a sweet burst. Basically anywhere you'd usually use a berry, you can try this little gem.

Did you know:

Myrtus Berry Jelly was Queen Victoria's favourite?
Or that the affectionate Chilean name for it is 'murta'?
In Chile a dessert favourite is Murta Con Membrillo, which combines Chilian Guava with quince and sugar

'Help the life of one person and you can help the community.'

Steven Sawalich

Who might you be able to help during the coronavirus lockdown?

