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Veggie Box Newsletter 22 April 2020

Welcome to

Live Well Community Supported Agriculture

*'Chestnuts roasting on an open fire,
Jack Frost nipping at your nose.'*

Robert Wells & Mel Torme

Hi Everyone,

We hope everyone is well and taking things as gently as possible during this unprecedented time of global social distancing.

I don't know about you, but I have a much deeper appreciation of hugging these days - that perfect, wordless way of showing someone you love them, and receiving that same feeling back. I am also mindful of those who are self isolating at the moment, without another person or pet to embrace.

The Icelandic Forest Service recommends hugging trees as an alternative to hugging friends and family during social isolation. Research shows that having increased connectivity with other living things reduces your stress levels and increases your sense of happiness, and we are so fortunate in Wynyard to have the beautiful Gutteridge Gardens and Inglis River Track on our doorstep. Or you can just step out into your own garden, get some fresh air and sunshine ... and enjoy a deep long hug with a tree.



Speaking of trees, on our most recent bike ride along the Inglis River, we found chestnuts that had fallen over a fence and onto the roadside from a huge old tree. Being the scavengers that we are, we had a lot of fun, and prickles, gathering them up. We look forward to roasting them over an open fire tonight. You will also be receiving seasonal chestnuts in your veggie box soon, albeit from a different source ☺ We hope you enjoy the hearty chestnut recipes included in the newsletter this week! Let us know how you go, and forward on any pictures of your creations!

'Respond to every call that excites your spirit.' Rumi

Recipes

Sauteed Brussel Sprouts with curly kale, bacon & chestnuts

INGREDIENTS

- 60 ml (¼ cup) extra-virgin olive oil
- 6 rindless bacon rashers, halved widthways
- ½ onion, finely chopped
- 1 garlic clove, thinly sliced
- 200 gm Brussels sprouts (about 10), trimmed, halved lengthways
- 3 cups purple curly kale, trimmed, coarsely torn
- 100 ml chicken stock

Roasted chestnuts

- 20 gm butter, coarsely chopped
- 2 tsp extra-virgin olive oil
- 100 gm peeled chestnuts

INSTRUCTIONS

• **1**

For roasted chestnuts, preheat oven to 190C. Heat butter and oil in a large, ovenproof frying pan over medium-high heat, add chestnuts and stir frequently until starting to brown (2-3 minutes). Transfer to oven and roast until chestnuts are golden on the base (12-18 minutes).

• **2**

Meanwhile, heat a large frying pan over medium-high heat, add half the oil and the bacon, in batches, and turn occasionally until crisp and golden (3-5 minutes). Transfer bacon to a warmed plate, set aside and keep warm.

• **3**

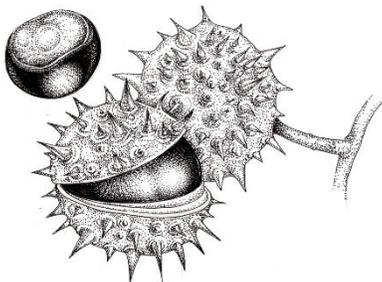
Reduce heat to medium, add remaining oil, and onion and garlic to pan and cook until onion is tender (5-10 minutes). Add Brussels sprouts and cook for 1-2 minutes, then add kale and cook, tossing occasionally, until wilted (1-2 minutes). Add chicken stock and stir occasionally until sprouts are tender (2-4 minutes), then add chestnuts, toss to combine and serve hot with bacon.

Chestnuts

Castanea

Did you know chestnuts are the only nut containing Vitamin C?

And the first record of chestnuts being planted in Australia was during the gold rush of the 1850's and 1860's when they were brought out with European settlers.

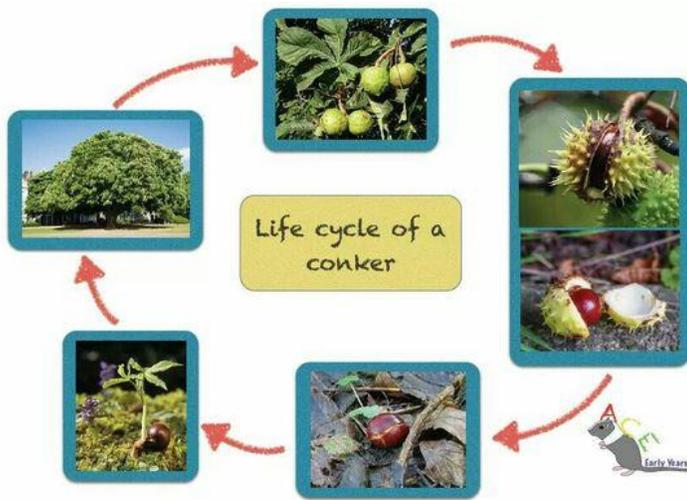


About Community Exchange Network Tasmania (CENTs)

CENTs is a great way to save money, make new friends, learn new skills and help build community! It is similar to a barter system, but we use a website to record when you provide something to someone else (you get a credit to your account) and when someone else provides something for you (you get a debit on your account). The Live Well Community Centre where you pick your boxes up from is in the process of establishing a Wynyard CENTs Hub. Some of the things that you can get from the Wynyard area on CENTs is dried Mushrooms (lactarius), dried pear and apple, juicy organic lemons, duck eggs, kefir, chillis, galangal (stems and crowns), rhubarb (stems and crowns), tarragon, parsley, bay leaves, chervil, savory, thyme, asparagus, tamarillos, garlic...also Calla lilies (corms), red Dahlia bulbs, and blue Dutch iris bulbs.

Some options for what you could provide: help at our garden eg harvesting vegetables for the veggie boxes, processing seed, preparing seedlings, help with administration etc. Maybe you have some clothes you no longer wear, or kitchen implements, now is a good time to have a de-clutter!

See the website www.cent.net.au for more information, or contact Robin on 0421 461 724, or Tania 0458 078 455, admin@cent.net.au



Roasting Chestnuts

INGREDIENTS:

- 1kg chestnuts to make 700g cooked chestnuts

METHOD:

1. Preheat oven to 200°C (180°C fan-forced)
2. Cut shallow cross into the flat side of each chestnut shell
3. Place prepared chestnuts onto a baking tray and bake for 15 to 20 minutes or until the shells split open
4. Once cooked, remove chestnuts from the heat
5. While chestnuts are still warm, quickly peel off the outer brown shell and remove the papery thin skin underneath. Salt to taste.

Chestnuts in Cointreau & orange syrup

INGREDIENTS:

- 1½ kg chestnuts in shells
or
800g prepared chestnuts
1 orange
1 vanilla pod
250g granulated sugar
250g light brown sugar
100ml Cointreau

METHOD:

To peel the chestnuts, cut a nick in each one on the flat side. Roast the chestnuts in the oven at 200C/180C fan/gas 6 for 15-20 mins.) Put them in a pan, cover with water and bring to the boil, then simmer for 25 mins. Drain well.

Pare thin strips of zest from the orange using a vegetable peeler. Cut the vanilla pod in half lengthways. Put the orange strips, vanilla pod, sugars and 400ml water in a pan and bring slowly to the boil, stirring to dissolve the sugar. Simmer for about 15 mins until syrupy. Remove from the heat and stir in the Cointreau.

Pack the prepared chestnuts into sterilised jars and pour over the syrup to cover. Seal the jars. The chestnuts will keep in a cool, dry place for up to 6 months.



These chestnuts in scented syrup are delicious spooned over ice cream or whipped cream and mascarpone for a seasonal treat