

## *reason2.be informed*



Photo: Summer fruit

### Inside this issue:

<i>What's new</i>	1
<i>Summer fruit</i>	2
<i>Seasonal Recipes</i>	3
<i>Storing guide: Brassicas</i>	4

### *What's new*

We are looking at 2 themes in this months newsletter. Summer fruits and how to store your fruit and vegetables.

We are approaching the best season for local summer fruit and we are starting to see some interesting fruit such as redcurrants, strawberries and bilberries. You might have already received some of these berries in your box, and if you

were wondering what to do with them we have a few easy recipes in this newsletter.

We start part 1 of our storing guide for your fruit and vegetables. This is particularly useful as the summer temperatures can cause vegetables to deteriorate more quickly unless properly stored.

Finally, we hope to soon start

selling organic meat, and we are now setting up the prices and product list on the website. This should be available from the end of July, and more information will be included in next months newsletter.

Another idea we are working in at the moment is simple recipes by text. Let us know if you would be interested.

*Thanks Ben*

### *General storage tips*

Don't wash vegetables before refrigerating - wash before eating. Too much moisture is detrimental and can cause lettuce to turn brown, for example.

Remove tops on beets, carrots, parsnips, and radishes before storing

Keep ethylene-emitting and odour-emitting foods bagged.

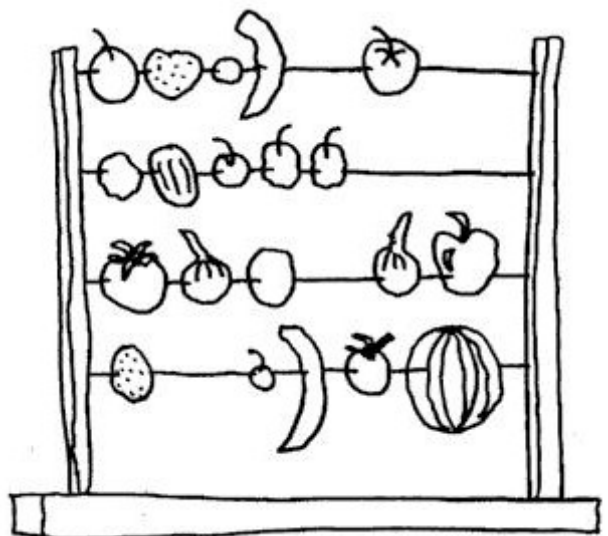
Tomatoes or any vegetable picked to ripen after harvest shouldn't be refrigerated.

### *Confused how to store your fruit & vegetables ?*

How many people know that tomatoes last longer out of the fridge, and apples should be kept in the fridge ?

We begin the first article (see page 4) of our storing guide which is intended to help you to keep your organic fruit and vegetables fresher for longer. As most people know, organic vegetables have a shorter shelf life than regular vegetables, but different vegetables like different storage conditions ranging from cold and moist to warm and dry. Factors that are considered are:

- Optimal temperature
- Which humidity is best
- Which vegetable absorb or release odours
- Which vegetables absorb or release ethylene



## Reason2.be seasonal: Summer fruit

Strawberry



- **Strawberries** (*Fraise in French and Aardbei in Flemish*)

Strawberries have been eaten since Roman times when they were used medicinally to help digestive ailments, discoloured teeth and skin irritations. Technically strawberries are not a fruit, but a 'pseudocarp' (false fruit). The real fruit of the plant are the small seeds found on the outer surface.

### Why?

They are rich in vitamin C, manganese and folic acid. They are a good source of ellagic acid which is thought to combat carcinogenes.

**Make:** Organic strawberries can be eaten as they are, or with cream.

Cherry



- **Cherries** (*Cerise in French and Kers in Flemish*)

The peak season for cherries is June and the darkest cherries are the ripest. There are several varieties of sweet cherries and we include different types in the organic boxes such as Badacsony cherry which is grown in France.

### Why?

In scientific studies, cherries has been proven to be very effective preventing gout, but the active ingredient remains unknown. They are also an excellent source of Vitamin C (1 cup is more than 20% of recommended daily amount)

### Make:

Great in pies and cakes, jams and sorbets or add to ice cream

- **Bilberries** (*Myrtille in French and blaunbes in Flemish*)

Bilberry are also known as the European blueberry or myrtle blueberry. They are smaller and juicier than blueberries but are similar in taste. They are difficult to grow and transport hence can be expensive to buy.

### Why?

As a deep blue fruit, they contain dense levels of anthocyanin pigments which has been linked with lowering the risk of several diseases of the heart, eyes and cancer.

**Make:** They can be eaten fresh or made into jams, juices or pies. In France they are often used as a crepe filler and are good when added to yoghurt

Bilberry



Redcurrant



- **Redcurrant berries** (*Groseille rouge in French and aalbes in Flemish*)

The redcurrant is a member of the gooseberry family and is native to Western Europe, especially Belgium and Holland. The fruit is slightly more sour than blackcurrant.

### Why?

High levels of vitamin C and fibre mean that herbalists consider the berries to be fever-reducing and mildly laxative and have diuretic and digestive properties.

### Make:

In Scandinavia the berries are often used in fruit soups and summer puddings, and in Germany they are used in combination with custard and as a filling for tarts. Can be eaten fresh with/without sugar

- **Raspberries** (*Framboise in French and framboos in Flemish*)

The raspberry is member of the Rose family and botanically is not a true berry, but an 'aggregate' fruit made up of several fruits each with their own seed.

### Why?

They are high in fibre, iron and potassium and vitamins A & C. They also contain phytochemicals including beta-carotene (helps fight against heart disease) and ellagic acid (linked with reducing risk of cancer)

### Make:

Serve fresh with icing sugar and cream or use to make a sauce for ice-cream and yoghurt. Also great with chocolate and champagne !

- **Gooseberries** (*Groseille a maquereau in French and krusbes in Flemish*)

Gooseberries come into season in July and indigenous to the cooler areas of Europe and western Asia. In 1905 the complete European crop of gooseberries was wiped out by an mildew disease accidentally introduced from the US.

### Why?

A good source of fibre, vitamins A & C.

### Make:

Poach them with a little water to make a traditional accompaniment to mackerel. Or make a gooseberry fool. Later in the season the desert gooseberries are sweet enough to be eaten raw, or try them in a fruit salad. Peel away the husk and rinse.

Raspberry



Gooseberry



## 4 quick berry recipes

### Redcurrant brulee

#### Ingredients:

125 g punnet redcurrants, removed from the stalks  
 1 tbsps water  
 1 tbsp caster sugar (superfine granulated)  
 Zest of 1/2 orange  
 280 ml pot double cream (heavy cream)  
 1 vanilla pod, split and seeds scraped out  
 2 medium egg yolks  
 1 tbsp (25 g) 1 oz brown sugar  
 1 tbsp sugar

#### Directions (serves 2):

1. For the redcurrant compote, place all the ingredients in a saucepan and heat until the sugar dissolves and the berries have begun to break down.. Put to one side to cool.
2. For the brulee, place the cream and vanilla pod and seeds in a saucepan and bring to just below boiling point.
3. In a bowl combine together the egg yolks and sugar, pour on the cream whisking continuously. Rinse the saucepan and return the custard, place over a moderate

heat and cook for 2-3 minutes, stirring constantly.

4. Spoon the redcurrant compote equally between 2 ramekin dishes or into a 20 cm shallow dish. Top with the custard, then transfer to a bain marie\* and cook for 30-35 minutes.

5. Remove from the bain marie and allow to cool.

6. Preheat a grill to a high heat, sprinkle the surface of the custards with the sugar and place under the grill until the sugar melts and caramelises.

Redcurrant brulee



### Bilberry tart

#### Ingredients:

1.5 teacups bilberries  
 4 tbsp sugar  
 8in/20cm tart tin lined with sweet shortcrust pastry  
 4 egg yolks mixed with 4 tbsp double cream

6 fresh bay leaves

#### Directions:

Heat the oven to 180C.  
 Mix the bilberries and sugar and tip into the tart case, then pour over the egg yolks and cream.  
 Arrange the bay leaves on top.

Bake for 25 minutes, or until the tart is set but still slightly wobbly in the middle.

Eat warm or at room temperature

Bilberry tart



### Strawberry muffins

#### Ingredients:

4 medium eggs, beaten.  
 3 cups of all-purpose flour.  
 2 ½ cups of fresh strawberries, rinsed, hulled and sliced.  
 2 cups of sugar.  
 1 ½ cups of chopped walnuts.  
 1 cup of vegetable oil.  
 1 tablespoon of cinnamon.  
 1 teaspoon of baking soda.  
 1 teaspoon of salt.

#### Directions:

Preheat your oven to 210°C.  
 Lightly coat full-size muffin tins with non-stick cooking spray.

In a suitably sized bowl, combine the flour, sugar, cinnamon, baking soda, and salt.

In a another bowl, combine the eggs, strawberries and the vegetable oil.

Mix the contents of the two bowls together.

Gently fold in the chopped walnuts.

Fill the muffin tins about two-thirds full and bake for 15 mins

Strawberry muffins



## Storing guide: Brassica vegetables

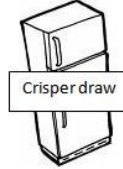
### Broccoli



2 days

Tip: Tie loosely in plastic bag

### Cabbage



2 weeks

Tip: Plastic wrap partial head

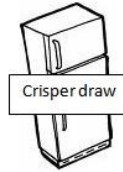
### Brussels sprouts



3-5 days

Tip: Tie loosely in plastic bag

### Cauliflower



5 days

Tip: Keep stem side up

### Turnip



3 months

Tip: Store in cool damp place

### Kohlrabi



3 weeks

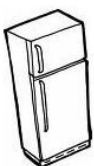
Tip: Remove leaves and keep sealed

## How to freeze brassica vegetables

1. Wash the vegetables thoroughly in cool water and boil a pan of water - add a large pinch of salt to the water.
2. Trim and peel broccoli/cauliflower stems.
3. Cut broccoli and cauliflower into separate florets of a size that appeals to you. Many people prefer pieces about 2 inches long by 1 1/2 inches wide.
4. When water is at a rolling boil, fill the strainer with veggies and plunge them into boiling water. Wait about 30 seconds, then dump them in the ice bath for 30 seconds to stop them cooking.
5. Drain the veggies and put them into freezer bags. Store in the freezer for up to 6 months.

## Key

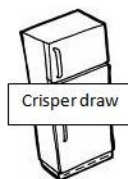
Keep in fridge



Keep out of fridge



Keep in crisper draw



Keep in plastic



Keep in paper bag

