



Nov 2010  
Volume 13



*Autumn arrives in Belgium*

*Seasonal recipes .. Page 4*

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## Do you know your onions ?

If you are interested in joining the reason2.be team, we have a part-time position available from January based at our packing depot in Mechelen. Contact Ben for more info

## Jane Goodall coming to Brussels

News from our friends at Sunbeams.eu:

Dr Jane Goodall, the primatologist and UN peace messenger is in Brussels to give a public lecture in English.

Dr Goodall travels the world giving a message of hope and encouraging people of all ages to make a difference wherever they are in the world.

To join this event on **Monday November 22nd** go to **sunbeams.eu** to register online

## What's new

It is now 2 years since reason2.be began, and we are working as hard as ever to improve and develop our service for customers. A big thank you to everyone for supporting us over the past 2 years. Apologies for the tardiness in issuing recent newsletters, but the past few months have been very hectic with new systems and products all being introduced.

The business continues to grow and we are delighted to introduce organic bread by 'Le bon pain' bakery, organic yoghurt and home-made organic cup cakes by Ashley (see page 2). You also now

have the possibility to add any seasonal vegetable to your regular box which allows a new element of customization to your organic box.

From December we will start to strictly enforce our payment policy of keeping subscription accounts in credit. Some customers have asked why we are doing this, so I will explain ..

We are a small business and cash flow is the oxygen of any small businesses, especially a growing business. We must pay our suppliers very timely, so allowing customers to keep debt with us is not sustainable in the long-term. We have

always had the policy that accounts must be positive, but have been flexible in the past with payments. But the subscriber debt has started to become a problem for our cash flow. So I'm sorry if this causes people inconvenience, but it is a necessary measure for us to keep the business viable.

I hope you all enjoy the new products and partnerships we have introduced, which are all featured in this newsletter as well as features on Autumn vegetables, and the usual seasonal recipe ideas.

Thanks Ben

[contact me](#)

## Manage your subscription.. New !!

We have modified how to change your subscription, add extras and suspend deliveries. You now need to log-in using your email address and password. You then can access the new page where all necessary changes can be done quickly and easily. You can also contact us via the new page, with a record of all communication.

### • How to access the new subscription management page

You just need to log-in on the homepage using the log-in details that you used with your first order. If you subscribed more than a year ago you may not have a password. In this case, contact us and we will provide you with one.

Email Address Password Login

Forgotten your password? Click here

Artisanal bread by le bon pain bakery



## Le bon pain

Le bon pain is an artisanal bakery based in Brussels, and we now offer fresh organic bread delivered directly from the bakery to your house/office.

The bread is made from organically grown ingredients i.e. without the use of chemical fertilizers or synthetic pesticides. Water used in the baking is filtered, purified and revitalized by reverse osmosis - which gives the water the same mineral properties as the best spring water.

The range of bread uses a wide variety of grains and cereals (wheat, rye, oats, spelt, soy) in addition to various seeds and nuts, and a choice of fermentation (yeast or sourdough).

Organic (bio) baking strictly prohibits the use of "improvers" that are used in conventional baking. These include fats, sugars and chemicals that help the

fermentation, and enzymes produced by genetic manipulation.

An edible label is applied to each bread to verify the authenticity of the products.

Bread can be non-sliced or sliced as desired.

Le bon pain was founded in 1976 by Atur Martins and is now run by his son João Martins.

João Martins took over the family business in 1996 and started to increase its customers base mainly in the areas of Brussels and surroundings.

Le bon pain bakery is entirely bio and is characterized by a concept of quality guaranteed by know-how acquired in the field of traditional bakery. The company today employs 12 people.

Le bon pain is certified organic (bio) by Ecocert biogarantie. Ecocert is an approved organization which has the job to guarantee the integrity of the food chain of the biological products used by the bakery.

How to store the bread:

Keep the bread in the paper bag to retain moisture.

Freeze it on the day of delivery to save it for another day.

When using it again, out in the oven for a few minutes after defrosting to make the crust crispy again.

To order the bread go to the manage subscription page.

4-grains



Traditional blend



White spelt



Mini-ciabatta



Sourdough spelt



## Bread guide

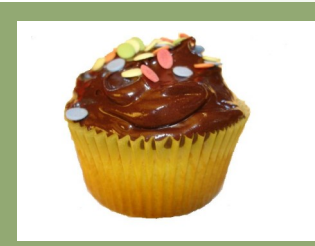
\* suitable for wheat intolerance

\*\* gluten-free

	Sunflower	* Sourdough spelt	*White spelt	**Buckwheat corn	Traditional blend	Weekender	4seeds	Pistolets
Flour								
Spelt		○	○		○			
Wheat	○				○		○	○
Buckwheat				○				
Corn				○				
Rye					○			
<b>Fermentation base</b>								
Yeast			○			○		○
Sourdough	○	○		○			○	○
<b>Seeds</b>								
Sunflower	○						○	
Sesame							○	
Flax							○	
Poppy							○	
<b>Other</b>								
Hazelnuts						○		
Walnuts						○		
Raisins						○		

## ilovecake.be *Cup cakes by Ashley*

Regular chocolate organic cupcake



Ashley and friends tasting



From November we will be selling organic cup cakes home-made by Ashley.

Raised in Southern USA, Ashley specializes in the very best tasting cupcakes for every occasion, including that special treat, birthdays, weddings, baby showers or corporate events.

All cupcakes are almost entirely organic\*, with natural food colouring and no preservatives.

*\*unless ingredient not available in Belgium organically.*

8 flavours are available in regular subscription page or min sizes.

Minimum order is 12 regular or 24 mini cupcakes. Order online on the extras page.

Check out [ilovecake.be](http://ilovecake.be) for more info..



## *Yoghurt*

Bioferme based in the Ardennes



The zuiver zuivel range of yoghurt



Our new organic yoghurt is now available. We are selling 2 different types, including Bioferme and Zuiver Zuivel.

Bioferme are an organic dairy and fromagerie based in the Ardennes. They produce yoghurt in individual glass jars of 150 ml. They come in 5 flavours; Apricot, blueberry, raspberry, strawberry and natural whole yoghurt.

If you are a member of the

sustainable club. We'll take back the empty glass jars to recycle.

The zuiver zuivel range are 1L cartons, similar to the milk we already sell. We are selling 5 different types including; Natural whole yoghurt, semi-skimmed, acidopylus, buttermilk and yomio.

For more information on each type, we will adding information to the website

over the next few weeks.

To order, please select from the extras list on the manage subscription page on the website.

## *Individual vegetables*

Customize your box by adding extra veg



You can now add any vegetable as an extra to your regular box. We offer any of the seasonal fruit and veg that we are using for the boxes. You can order as much as you want of any vegetable.

So if you are making jam, you can order extra fruit, or extra squash for the baby perhaps.

To order the extra, just go to the extras section of the manage subscription page and add the product code in the shopping list. We will add to your next delivery, or every delivery as long as the vegetable is in season.

The list of fruit and vegetables available changes on a weekly

basis.

Prices for the fruit and veg will change slightly week to week, depending on the cost price of each item.

We will continue to sell the pre-made extra fruit and veg packs including the fruit bowl, baby bio and salad bowl.

## Reason2.be seasonal: Autumn

Brussel sprouts



**Brussels sprouts** (*Chou de Bruxelles* in French and *Spruitjes* in Flemish)

Brussels sprouts were grown as early as the 1200s in Belgium. They were very popular in the region and eventually spread to the cooler parts of Northern Europe. They are in the same family as cabbage, broccoli, kale which means they part of the brassica family.

**Why?** They contain good amounts of vitamin A, C, folic acid and dietary fibre. Sprouts are also believed to protect against colon cancer.

**Make:** After peeling, sprouts can be boiled, steamed or roasted. Generally 6 or 7 minutes is enough to cook. They should not be overcooked, as this releases a sulfur smell.

Butternut squash



**Butternut squash** (*Courge de butternut* in French and *butternut pompoen* in Flemish)

Butternut squash is one of the most popular forms of winter squash. It has long been an established part of the diet all over the world and was even cultivated by the Incas 5000 years ago.

**Why?** Butternut squash is a well-balanced food that is rich in complex carbohydrates and low in saturated fat and sodium. It is a good source of vitamins A and C, magnesium, calcium and potassium.

**Make:** Cut lengthways and scoop out the seeds and cut into chunks. To cook the squash, many people bake to get the best flavor. Or add to casseroles or curries.

Parsnips



**Parsnips** (*Panais* in French and *Pastinaak* in Flemish)

Related to the carrot, parsnips have a stronger flavor and one of the tastiest root vegetables. Before sugar was widely available, parsnips were used to sweeten dishes such as cakes and jams.

### Why?

Parsnips are a good source of vitamin C, fibre and potassium (good for lowering blood pressure)

### Make:

Wash, peel and trim both ends. Roasting or steaming is the best cooking method. Roast parsnips for around 20 minutes for chunks. Steam chunks until soft. Roast parsnips are delicious accompanied by a yoghurt or sour cream dip.

Salsify



**Watercress** (*Cresson* in French and *waterkers* in Flemish)

Watercress adds a peppery edge to dishes. It is a member of the mustard family and is related to garden cress. The proper name is 'nasturtium' which is latin for 'nose twister', a reference to the plants peppery flavor.

### Why?

Watercress is rich in vitamin C, calcium, iron and folic acid. It also contains beta-carotene and flavanoids which are anti-cancer phytochemicals.

### Make:

Wash before using, and can be added to soups, juices or carrot based drinks to give it some bite. Or use it in salads as an alternative to rocket. Try also a watercress and marmite sandwich.

Watercress



**Salsify** (*Salsifis* in French and *haverwortel* in Flemish)

Salsify is a member of the sunflower family and is cultivated as a root vegetable. The plant has a head of yellow flowers, and the black roots can grow up to 1 metre long. Belgium is one of the worlds biggest producers of black salsify.

### Why?

Salsify is considered very nutritious, and it contains numerous minerals and also fructose which is particularly suitable for diabetics.

### Make:

The black skin can be removed before or after boiling. Since the root stap is sticky, it is often more convenient to peel after boiling the root for 20 minutes.

## – 3 Seasonal recipes

### Stuffed butternut squash (from Hugh Fearnley-Wittingstall recipes)

#### Ingredients:

- large butternut squash (about 1.5kg) or 2 small ones (about 750g each)
- 50g butter
- 1 medium garlic clove, finely chopped
- a little olive oil
- salt and freshly ground black pepper
- 200g feta cheese, crumbled into small lumps
- 1tbsp shredded basil leaves

#### Directions:

1. Preheat the oven to 190°C/ Gas Mark 5.
2. Make sure the outside of the squash is scrubbed clean. Cut the squash in half lengthways and scoop out the seeds and soft fibres. Put in an ovenproof dish, put a little chopped garlic and a small nut of butter in each cavity, brush with olive oil and season well.
3. Bake for about an hour, until the flesh feels very tender when pierced with the tip of a

knife.

4. Then carefully scoop out the soft flesh, and the buttery, garlicky juices, into a bowl, leaving a 1cm-thick layer of flesh still attached to the skin, so the squash holds its shape. Roughly mash the flesh.

5. Fold the feta and basil into the soft squash, along with some more salt and pepper. Spoon the filling back into the two empty squash halves, return the squashes to the oven and bake for a further 15 minutes before serving.

Stuffed squash



### Watercress & celeriac soup

#### Ingredients:

- 3 tbsp olive oil
- 1 large onion, finely chopped
- 250g celeriac, peeled and cut into chunks
- 1.2 litres vegetable or chicken stock
- 150g watercress
- Salt and freshly ground black pepper
- Extra virgin olive oil, to finish (optional)

#### Directions:

1. Heat the oil in a large saucepan over a gentle heat and fry the onion until softened but not coloured.
2. Add the celeriac and fry for 3-4 minutes more. Pour in the stock, bring to the boil, then reduce the heat and simmer for 15-20 minutes, until the celeriac is soft.
3. Meanwhile, cut away the tougher stems of the watercress.
4. When the celeriac is soft, stir the watercress into the hot soup and immediately remove from the heat.

5. Purée the soup until smooth in a blender (you'll need to do this in batches).

6. Season to taste and serve drizzled with a little extra virgin olive oil if you like

Watercress & celeriac soup



### Roast parsnips

#### Ingredients:

- 1kg parsnips
- 3 tbsp sunflower oil

#### Directions:

1. Preheat the oven to 200°C, gas mark 6. Place the oil in a roasting tin and heat in the oven.
2. Meanwhile, peel the parsnips and cut - depending on their size - lengthways in half or quarters to form even-sized pieces.

3. Carefully place the parsnips into the hot oil, and turn to coat. Roast for 40-45 minutes, until golden, turning halfway through

Roast parsnips

