

1st February 2012

Box no. 332

FRESH2U

ORGANIC FOOD DELIVERY

Box contents

Every Friday we will email the next week's box contents. You can make up to two changes weekly or let us know if you want something permanently removed. If you do not have email please call us on (03) 548 8737 and leave a message with changes to your box. **Changes must be received by 12pm Monday to be effective.**

*You can change your box size and type anytime, just let us know by **Monday 12pm** before your next delivery.*

Balance

Mix of seasonal fruit and vegetables

Garden Fresh

Greens and vegetables

Custom Box (min \$40)

Select your own produce and quantities each week from our list of seasonal produce available.

Add on \$10 extra fruit and/or vegetables

Small Box \$30

Family Box \$40

Payment

Direct debit to Fresh2U Limited
ANZ 01 0677 0110068 00 or; place cheque made out to Fresh2U Limited in the plastic sleeve in the empty box each week.

Cancellations and box suspensions must be received by email or phone by Monday 12pm before your last delivery so we can deliver your last order in a cardboard box.

Apple and Yoghurt Pie with Oat Crust

Preheat oven 190°C.
Grease a large spring-form cake tin.

Crust

1 1/2 cups rolled oats

1/2 cup whole wheat flour

Pinch sea salt

1/2 teaspoon cinnamon

75 g butter, melted

3 tablespoons honey or maple syrup

Mix the dry ingredients together in a large bowl. Mix the honey with the melted butter and pour over the oats. Mix thoroughly and press into the prepared tin.

Filling

4 apples

1/2 lemon, juice and 1 tablespoon zest (rind)

4 tablespoons honey or maple syrup

2 tablespoons flour

1/2 teaspoon cinnamon

1/4 teaspoon nutmeg

1 large free-range egg

1/2 cup yogurt or sour cream

Wash apples and slice into thin wedges (about 12-16 per apple). Mix with the lemon juice and zest and drizzle with honey tossing to cover. Add the flour and spices mixing to coat. Arrange apple slices overlapping in the crust.

Beat together the egg and yogurt. Drizzle evenly over the apples. Bake for 30-35 minutes in the centre of the oven until set. Serve warm with yogurt or ice cream.

Garden News

The gardens are looking great and some new produce will be ready for harvesting soon.

-sweet corn
-buttercup squash
-green bell peppers
-new carrot bunches
-spring onions

Remember to let us know if you have any preferences or items for regular substitution. Your 'like' and 'don't like' list can be updated at any time by sending us an email.

*Tell your friends about receiving delicious Fresh2U organic produce and when they sign up for a weekly box we will include an **extra produce item** with your next order!*

Unpacking your box

Place greens, herbs, broccoli, cut pumpkin, carrots etc in clean plastic bags and lightly tie the top. Keep in the vegetable draw or bottom of the fridge.

Keep potatoes, kumara and whole pumpkin in a cool dark place. Wrap in a paper bag if necessary.

Keep onions and garlic in cool dry place as moisture will make them sprout.

Put all the delicious fruit and avocados in a fruit bowl. Bananas will help ripen avocados.

Box contents...

We do our best to provide the produce listed on the Friday emails, however, due to the nature of nature we can't always guarantee the box contents. We decide what goes in the boxes on Friday but by harvest day there may be less of an item as predicted or a sudden change in weather affecting a crop. In this event we will make a last minute substitution with a similar item.

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www.fresh2u.co.nz