

12th October 2011

Box no. 316

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.

Pumpkin Lasagna

This is a simple lasagne which uses grated pumpkin rather than pasta sheets. Therefore it is suitable for people who are gluten-free. If using beans, make sure they are thoroughly cooked and mash them up a bit first.

2 tablespoons olive oil
1 onion, diced
500g beef mince
2 cloves garlic, chopped
1 teaspoon dried oregano
400g can tinned diced tomatoes
2 tablespoons tomato paste
salt and pepper
400g pumpkin, grated
100g feta, crumbled
1 1/2 cups of grated edam cheese

Preheat oven 180 °C
Heat the oil in a large frying pan and sauté the onion until soft. Add the mince and cook until browned. Add the garlic and oregano and cook for another minute. Add the tomatoes and paste and simmer until thick. Season to taste.
In a greased lasagna dish, place a layer of

grated pumpkin, sprinkle with feta and cheese and cover with half of the mince mixture.

Repeat this layer finishing with a layer of cheese.

Bake for 40-45 minutes until the pumpkin is tender and top golden. Serve with a green salad.

Variation Spread basil pesto over the pumpkin layers for added flavour.

Garden News

Spring is a time of rapid growth in the gardens of greens and brassica's and asparagus starts soon. Seeds for summer produce are being sown including tomatoes, zucchini, eggplant, peas and beans. Eating with the seasons makes the arrival of new produce even more delicious.

Payments

When setting up an automatic payment for your Fresh2U delivery, please ensure the funds arrive in our account on **the day of delivery** so we can easily track payments to the delivery date. Please ensure your payments are up to date so we can spend time less time on admin and more time growing and sourcing organic produce. Thank-you.

*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 maybe 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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