

14th February 2012

Box no. 334

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.

Crunchy Coleslaw with Yogurt Dressing

Crunchy Coleslaw

1/2 cup sunflower seeds

1/4 cup pumpkin seeds

1/4 cup sesame seeds

1 Tbsp tamari or soy sauce

1/2 cabbage, thinly shredded, about 3 cups

2 carrots, grated

1 large apple, grated

handful of chopped parsley

juice of 1/2 lemon

2 Tbsp extra virgin olive oil

Pinch of sea salt

Dry roast (no oil) the seeds in a large fry-pan over a moderate heat. Shake often until they are golden and beginning to pop. Remove into a bowl and sprinkle over the tamari, leave to cool.

Combine the cabbage, carrot, apple and parsley in a salad bowl. Add the lemon juice, olive oil and season, tossing to combine. Sprinkle over the seeds or add separately at the table as desired and serve with yogurt dressing.

Yogurt Dressing

1 cup yogurt

1 Tbsp whole-seed mustard

1 tsp finely grated lemon zest

1-2 cloves garlic, crushed (optional)

Sea salt and cracked pepper to taste

Combine and use as a dressing or dip for vegetable sticks.

Fresh2U Update:

It's a boy!! Nicola and Holger are at home enjoying spending time with their newest addition to the family. The family are all doing well and enjoying the quiet time getting to know each other. Thank you for the emails and well wishes.

Box changes and orders

Please include **your full name and box type** when sending emails so we can easily identify who it is from. Thanks for your help ☺

*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.

email: eat@fresh2u.co.nz ph: (03) 548 8737 mail: 121 Cotterell rd. RD1, Appleby, Nelson

www.fresh2u.co.nz