

18th January 2012

Box no. 330

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.

Spiced Carrot Dip

This is a delicious way to use up extra carrots lurking in the veggie drawer. Nice with crackers or a spread for sandwiches.

4 medium carrots
2 tablespoons tahini (optional)
1 teaspoon toasted cumin seeds, ground
1 clove garlic crushed
Lemon zest & juice to taste
2 tablespoons olive oil
Salt and pepper to taste

Wash the carrots thoroughly. Chop each carrot into 4-5 pieces and boil with a pinch of salt until tender but not mushy. Drain, reserving cooking water and refresh under cold water while peeling away the skin. Much of the goodness is found directly under the skin which is removed when peeled. Cooking with the skin on helps retain these nutrients. Place carrots in a blender with the tahini, cumin, garlic, zest and juice to taste. Drizzle in a little cooking liquid to bring the mixture together and add the olive oil, blending until

smooth.

Season to taste and adjust the flavour with extra lemon or tahini. Listen to your taste buds and let them lead you to what is needed. You could even add a little honey if needed to sweeten the carrots.

New Manager

Due to Nicola going on maternity leave we have a new manager. Penny will be answering emails and processing the box changes and orders on Monday's. Please assist Penny to get to know the Fresh2U system by always including your **full name (that you have registered with us) and your box type** when emailing us.

Garden News

There are more holidays on the way for those of you back at work, with Nelson anniversary on Monday 30th January and Waitangi day on Monday 6th February.

Orders and deliveries remain on Monday and Wednesday as usual over this time.

Remember to let us know if you are going to be away, or if you want to make any changes by 12:00 noon each Monday so we can make the changes in time.

*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.

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

www.fresh2u.co.nz