

21st December 2011

Box no. 326

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.

New Potato Salad

New potatoes

1/2 cup unsweetened yogurt

1 tsp wholegrain mustard

1 tsp lemon zest (rind), finely chopped

1-2 cloves garlic, chopped

Handful of chopped mint and parsley

Salt and pepper

Wash the potatoes and cut into similar sized chunks. Put the potatoes into a large saucepan and cover with cold water. Add a generous pinch of salt. Bring to a boil and simmer for 10-15 minutes until the potatoes are tender but not falling apart. Meanwhile make the dressing combining the yogurt, mustard, lemon zest, garlic, herbs and seasoning. Adjust taste with extra mustard or garlic if needed. Once the potatoes are cooked drain away the cooking water and refresh under cold water. Tip into a serving bowl. Fold through the dressing and chopped parsley and adjust seasoning. Serve warm as a side or chill to take to a winter potluck.

Christmas Holidays

Fresh2U will be closed the week between Christmas and New Year so we can also have a break with our families.

No delivery:

28th December

First deliver for 2012:

Thursday 5th January

Back to Wednesday deliveries from the 11th January 2012.

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 her to get to know the Fresh2U system by always including your full name (that you have registered with us) and your box type.

Fresh2U Website

We have recently updated our website with a nice fresh look thanks to sprocket web design. Several months of newsletters will be stored on the site so you can revisit recipes as needed. Click on the newsletter link on the homepage to find them. www.fresh2u.co.nz
Happy holidays from the Fresh2U team ☺

*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

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