

23rd November 2011

Box no. 322

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.

Marinated Beetroot

This is a delicious recipe which can be used in sandwiches or burgers, or as a side dish.

Approx 4 medium beetroot

Approx 1/4 cup balsamic or red wine vinegar

Extra-virgin olive oil

salt to season

flavours - peppercorns, garlic cloves, herb sprigs and whole spices

Top and tail the beetroot and scrub to remove dirt.

In a saucepan cover the whole beetroot with water, season and boil until tender - about 30-40 minutes. Alternatively use a pressure cooker to cook in 8-10 minutes.

Remove from the heat and cool beets in the cooking water. Once cold, easily peel away the skins and discard.

Slice into 5mm rounds and pack into a jar. 3/4 fill with reserved cooking water and top up with vinegar and a generous drizzle of olive oil. Season with salt and add a combination of flavours as desired.

*Store in the fridge, preferably marinating

untouched for several days to intensify the flavours. Consume within 2 weeks.

Christmas Special

Feeding Little Tummys- healthy recipes from first foods to toddler meals by Nicola Galloway (the revised and updated edition of *Cooking for your Child*) will be available through Fresh2U until Christmas for a special price of \$35.00 (usually \$39.99). For more details visit: www.nicolagalloway.com

Garden News

Summer produce is growing well and will be with us before we know it. Lucky Wolfgang has his children home from Uni for the summer to help on the farm!

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.

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

www.fresh2u.co.nz