

27th October 2011

Box no. 318

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.

Beetroot Salad

2 medium-sized beetroot
1 bunch of spinach
150g feta, crumbled
several handfuls of sunflower seeds

Dressing

1 part balsamic vinegar
3 parts olive oil
1 teaspoon whole grain mustard
1 teaspoon honey
1 clove garlic, chopped
Pinch of salt

First, lightly toast the sunflower seeds in a dry skillet until golden. Top and tail the beetroot and peel. Grate. Wash the spinach and shake dry. Shred thinly and combine with the grated beetroot in a bowl. Scatter over the feta and toasted sunflower seeds. Combine the dressing ingredients and serve in a jug to dress at the table.

Storage tip:

Store root vegetables i.e. potatoes, kumara, beetroot and squash and pumpkins in a cool dark place. Wrap them

in a dark sack or paper bag and keep them in a cellar or pantry. Once cut keep in the fridge.

Note: if potatoes are exposed to light they will turn green. This concentrates the alkaloid solanine which can be poisonous in large quantities.

Garden News

With the warm temperatures this last weekend the cauliflowers went to seed. Therefore we have had to replace them with green cabbages this week. Spring produce can be fickle depending on the temperature it can grow slowly when cold then a warm moist spell and everything bolts including the weeds! The joys of organic growing... ☺

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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www.fresh2u.co.nz