

Hello!

Mooli in many of the bags this week. It's a type of white radish, widely grown in Asia, known as daikon in Japan or bailuobo in China. I like to use it in kimchi, but you can use it like a radish in all kinds of cooked and raw dishes. Lots of interesting recipes to try from the far east.

Lots of root veg at this time of year! Our root veg and onions mostly come from Bagthorpe Farm, one of the oldest farms in Norfolk. They are quite a large 700 acre mixed family farm, certified organic by the Soil Association. Their soils are light sandy loams. Unlike the heavy clay soils we mostly have closer to London, the sandy soils of Norfolk are really good for root veg. The roots are able to push through the soil more easily and fill out into nice fat carrots or parsnips. The soil also drains more easily, keeping it airy and not too wet around the roots, helping prevent rot.

This has been particularly important this year, as Britain has had the wettest October on record, which has been really challenging for maintaining the quality of root veg that is sometimes sat for weeks in waterlogged soils.

Looking ahead to the end of December, we will be packing our last vegetable bag of 2023 on Wednesday 20th December. Then we and the farms will be taking a week off on Wednesday 27th December, before returning for the first veg bag of 2024 on Wednesday 3rd January.

If you're going on holiday, you need to let us know at least one week in advance. Don't forget to return your coloured bags and plastic/paper packaging for re-use.

Tom Steele

What's in the bag this week?

Small bag:

Onions – Bagthorpe Farm, Norfolk
 Carrots – Bagthorpe Farm, Norfolk
 Chioggia beetroot – Sarah Green's, Essex
 Mooli – Sarah Green's, Essex
 Spinach – Ripple Farm, Kent

Standard bag:

Sweet potatoes – Foskett's, Sussex
 Leeks – Ripple Farm, Kent
 Gem squash – Ripple Farm, Kent
 Mooli – Sarah Green's, Essex
 Spring greens – Bore Place, Kent

Small/Standard fruit supplement:

Ashmead Kernel apples – Oakwood Farm, Sussex

Wash all veg and fruit before eating. Store carrots, beetroot, mooli, spinach, spring greens, salad leaves, cauliflower and radish in the fridge. Protect potatoes from light to avoid sprouting.

Family bag:

Onions – Bagthorpe Farm, Norfolk
 Carrots – Bagthorpe Farm, Norfolk
 Golden beetroot – Sarah Green's, Essex
 Mooli – Sarah Green's, Essex
 Spring greens – Bore Place, Kent
 Spinach – Ripple Farm, Kent
 Salad leaves – Ripple Farm, Kent

Family/Mega fruit supplement:

Ashmead Kernel apples – Oakwood Farm, Sussex
 Claygate Pearmain apples – Oakwood Farm, Sussex

Mega bag:

Sweet potatoes – Foskett's, Sussex
 Leeks – Ripple Farm, Kent
 Black Spanish radish – Sarah Green's, Essex
 Golden beetroot – Sarah Green's, Essex
 Spring greens – Bore Place, Kent
 Salad leaves – Ripple Farm, Kent
 Cauliflower – Nash Nursery, Kent

Recipe: chioggia beetroot with halloumi and fresh mint

Serves 2.

400g chioggia beetroot
 handful mint leaves, finely chopped
 2 tsp apple cider vinegar

30g flaked almonds, toasted
 1 tsp finely grated lemon zest
 1 tbsp olive oil

- Slice the halloumi and fry it in a hot pan with olive oil till they are golden.
- Peel the raw beetroot, then slice them very finely into thin rounds.
- Mix the beetroot, halloumi, almonds, mint, lemon zest, vinegar and olive oil together in a salad bowl.

Recipe: fried mooli balls

300g mooli
 100g plain flour

2 eggs
 ½ onion, finely chopped

- Peel and finely grate the mooli.
- Sprinkle salt and leave for 30 minutes to drain the water from the mooli.
- Wash the salt off the mooli and squeeze out the excess water with a clean tea towel.
- Put the shredded mooli, eggs, flour and chopped onion into a bowl. Mix well.
- Make the mooli mixture into small balls.
- Fry the balls in a pan of light cooking oil until golden brown.
- Serve with soy sauce.

Recipe: spinach quiche

25g butter
 2 eggs
 140g cheese, grated
for the pastry:
 280g plain flour

1 bunch spinach, chopped
 280ml double cream

140g cold butter

- Put the flour and 140g butter in a bowl, rub with your fingertips until mixed and crumbly.
- Add 8 tbsp cold water and combine with your hands. Roll into a ball.
- Roll out the pastry on a lightly floured surface to a 30cm round.
- Drape over a 25cm round tin/dish and push the pastry into the sides.
- Chill in the fridge for 20 minutes. Heat the oven to 200°C, gas mark 6.
- Meanwhile, heat 25g butter and cook the chopped spinach stems and leaves for 15 minutes, stirring occasionally. Allow to cool.
- Lightly prick tart base with a fork, line with a circle of greaseproof paper or foil, fill with baking beans, then bake for 20 minutes.
- Remove the paper and beans and cook for 5-10 minutes more till a light biscuit brown.
- Meanwhile beat the eggs in a bowl, gradually add the cream.
- Stir in the spinach and half the cheese. Season with salt and pepper and tip into the tart case.
- Sprinkle with the rest of the cheese, then bake for 20-25 minutes until set and golden brown.
- Leave to cool in the case, then remove and serve in slices.