

# fresh news

Your handpicked fruit & veg newsletter

September 2009

## What's NEW!

Since the first week of term 3 we have started delivering in the following areas.

On Wednesday's we have added Edgeworth, Cameron Park, Maryland and Fletcher to the run.

If you have any family and friends living in these areas please let them know.

### MUDGE HONEY

Now available

500g bottle \$5.50

1kg bottle \$10.00

### Manning Valley Free Range Eggs.

Order weekly, fortnightly or just when required.

600g \$5.00

700g \$5.50

Tray 15 jumbo eggs \$7.00

### The Chilli Factory.

They have chilli sauces, hot or mild; satay sauces, mustard dressings and salsas. They are delicious and only cost \$7.00 (190g -240g bottle) for an, all natural Australian product. 2L bottles also available. The full range is on our website.

## Did you know?

We have been dealing with **Paterson Valley Butchery** for the past few years and have always found their meat to be fresh and of the highest quality at a reasonable price. It is for these reasons we have decided to partner with them. We are looking to deliver on a Friday morning between 5am and 11am. We will not be able to cover the whole area where we deliver fruit and vegetables so, if you are interested in having meat delivered let me know. This will help us decide what areas will miss out. A newsletter will go out soon with all the prices and other details.

Our website has a couple of new recipes that we think are worth trying. The chicken and leek pie is very nice.

## SEASONAL UPDATE...

### What's in!

Asparagus, Apples, Banana, Kiwi Fruit, Strawberries, Watermelon, Rockmelon, Pineapples and Navel Oranges.

### What's out!

Mandarins, Stone Fruit, Mangoes, Grapes.

## RECIPE CORNER

If you have a family secret which you can share with us let me know. If we use your recipe **your delivery will be FREE for one week.** (the week the newsletter goes out)

The recipe must be easy, a winner with your family and contain fruits or vegetables.

The winner this month is:

Sr Jenny from St Joseph's Convent Lochinvar.

This recipe is great for lovers of cauliflower but also for those who are not that keen.

### Cream of Cauliflower Soup

½ Cauliflower  
1 grated carrot  
1 small head broccoli  
2 Spring onions  
3 cups milk  
30g butter  
¼ cup cream  
1 chicken stock cube  
½ teaspoon nutmeg  
2 or 3 bay leaves  
Salt and pepper to taste

Chop cauliflower, broccoli and onions finely. Grate carrot. Place all ingredients into a large saucepan. Bring to the boil slowly as milk tends to boil over. Cook until the vegetables have softened. Thicken with cornflour (white wings) as this will be good for those who are gluten free.  
Serves 4 to 6.

This recipe is a real surprise!

*Sally & Patrick's*  
handpicked fruit & veg

*Taste the freshness*