

Rotating the crop

After a couple of quiet weeks over the school holidays, we are happy to see that our veg boxes have increased back to usual numbers. We are still waiting for our first harvest of Cabbages, Cauliflowers and Broccoli, which are coming a bit later this year due to the irregular weather we've been having.

To maximise the fertility in our soil we rotate our crop every 16 weeks. This is a big job where plots are cleared, soil turned made ready for new seeds. Our farm manager has designed a rotating schedule of which type of vegetable will grow next, to benefit the nutrients in our soil as much as possible.

As many of our customers have in the past expressed interest in coming and helping out on the farm, we're hosting a volunteer day on Friday the 24th of May from 9 am. If you're interested in attending please contact our intern Felicity on fjr920@uowmfjr920@uowmail.edu.au.

What's On at Green Connect

- **Morning Tea**

We are very excited to have taken over the Op shop at 16 Bellambi Lane and will be hosting a Morning Tea and Op shop sale on Saturday the 11th of May. Please come join us!

- **Volunteer Day**

Friday 24th of May from 9 am

- **Free Range pork packs.** Our pork is now available for pre-order online, although we are still finalising some details. So we will keep you posted. (Will be ready by the end of May)

- **2 Smoking Barrels Backyard BBQ**

Winter is coming, and we like to celebrate all things that are into season together with our free range pork, so the lovely guys from 2 Smoking barrels will cook up a feast with us on Sunday the 26th of May. Keep your eyes open for more info on our Facebook page.

As always, if you have any questions, don't hesitate to contact me.

fairfood@green-connect.com.au

Have a great week

Kristin Watson, Fair Food Coordinator.



In your box this week:

	Silverbeet	Lettuce (cos)	Butternut Pumpkin	Leeks	Beetroot (purie)	Kale (Tuscan)	Eggplant	Turnips	Dill	Potatoes	Onion	Apples	Bananas	Rockmelon	Kiwifruit
Mini mix	*	*	*	*								*	*		
Small veg	*	*	*	*	*					*	*				
Small mix	*	*	*	*	*					*	*	*	*		
Regular veg	*	*	*	*	*	*	*	*	*	**	**				
Regular mix	*	*	*	*	*	*	*	*	*	**	**	*	*	*	
Large veg	*	**	*	**	*	*	**	*	*	**	**				
Large mix	*	**	*	**	*	*	**	*	*	**	**	*	*	*	
Fruit box												**	**	**	*

Silverbeet and Pumpkin Risotto

Ingredients

- 2 tbsp olive oil
- 1 medium brown onion, peeled and diced
- 2 cups Arborio rice
- 400g Butternut pumpkin, peeled and cut into 2cm cubes
- ¼ cup white wine (optional)
- 5 cups good-quality vegetable or chicken stock
- 2 cups silverbeet leaves, washed and sliced
- 1 tbsp butter
- ¼ cup Parmesan, grated
- A squeeze of lemon and grated lemon zest
- Salt
- Freshly ground black pepper

Heat oil in pan and cook onion until softened. Add rice and continue to cook over medium heat for 3 to 4 minutes until you can see the rice starting to turn translucent. Pour in the wine and let cook down until there is no liquid left. Stir in pumpkin cubes. Add 1 cup stock and cook for 3 minutes, stirring until all stock is absorbed.

Reduce heat and continue adding the stock, half a cup at a time. When the stock is fully absorbed, add another cupful. When you have added all stock, check to see if rice is cooked – it should be slightly firm to the bite.

Add silverbeet, butter and Parmesan to the pan and stir through for about 5 minutes until silverbeet is wilted and butter melted. Grate in about a 1tsp of lemon zest and a squeeze for flavour. Season to taste.