

## Autumn Perspective

Whenever I go away, I'm always apprehensive about coming back: I worry about the animal's health, wonder how those crops we planted have fared, and if the weather has been too wet or too dry depending on the season.

But I shouldn't have been worried this time around the team absolutely nailed it!

Eh Moo, Su Meh, and Shay kept the market garden pumping over the last five weeks, and when Shay had to take time off due to sickness, some of our other staff really stepped up to keep the ship afloat. Darren



and the youth interns really hit their stride to help manage the animals and keep the site in shape, and Kristin did an incredible job at managing the harvest and the veg boxes!

There's no secret that we've hit a bit of a rough patch with our production. The variety, quality and quantity of veggies we pull from the ground is in the most part a reflection on what was happening at the farm five months ago when we planted most of these crops. January and February were hectic times at the farm – with crazy weather, high workloads and a lot of changes around the place. This means that the cauliflower, cabbage, broccoli and carrots that you've all been craving haven't hit their strides yet, so we really appreciate those of you who have gotten creative with your radish recipes and have enjoyed a lot of our leafy greens. While the produce is getting better, we are going to be buying produce in for a little while, as we acknowledge that our customers really appreciate staples in their box.

Look out for the red spring onions in the box this week, which are a bit of autumn special!

We are also partnering with 2 Smoking Barrels to host a 'Backyard BBQ' this Sunday to celebrate the change of season and our quarterly offer of Free-Range Pork for those who would like to join us. Its always nice to meet our customers and have a chat over some good food, so we look forward to seeing those of you who can make it!

Find details at:

<http://www.visitwollongong.com.au/events/green-connect-backyard-barbecue-season-change-celebration>

Enjoy

Cal Champagne

Green Connect farm Manager

## Braised Spring Onion

### Ingredients

- 5 spring onions, root ends trimmed
- 4 tablespoons unsalted butter, divided
- Salt and 1/4 cup chopped fresh chives

### Method

Lay onions in a large pan, trimming the top of dark greens to fit. Add 2 tablespoons butter and 1/2 cup water to skillet; season with salt. Bring to a boil; cover. Reduce heat and simmer onions until greens are soft and bulbs are almost tender 15-20 minutes. Uncover and cook, turning onions occasionally, until bulbs are completely tender, 5-8 minutes longer. Transfer onions to a plate. Simmer cooking liquid in the pan until reduced to 2 tablespoons, 1 minute. Remove from heat and whisk in remaining butter. Return onions to pan and turn to coat with sauce. Top with chives.



## Oven Baked Sweet Potato Chips

### Ingredients

- Sweet Potato
- Cooking oil
- Salt and pepper

### Method

Preheat oven to 210°C. Lightly coat a large baking tray with non-stick cooking spray. Combine sweet potato, oil, salt and pepper in a large bowl, toss to coat. Spread fries on tray. Bake 10 minutes. Turn fries bake until tender and lightly browned, about 10 minutes longer.

In your box this week:

	Silverbeet	Sweet potato	Spring onion	Lettuce (oak)	Beetroot (purple)	Bok Choy or Joi Choy	Radish	Carrots	Coriander	Potatoes	Onion	Mandarin	Bananas	Apples
Mini mix	*	*	*	*								*	*	
Small veg	*	*	*	*	*					*	*			
Small mix	*	*	*	*	*					*	*	*	*	
Regular veg	*	*	*	*	*	*	*	*	*	**	**			
Regular mix	*	*	*	*	*	*	*	*	*	**	**	*	*	*
Large veg	*	**	*	**	*	*	**	*	*	**	**			
Large mix	*	**	*	**	*	*	**	*	*	**	**	*	*	*
Fruit box												**	**	**