

## Silverbeet

One of the things we try to promote through our veg boxes is a bit of excitement around some of the more exotic veg that we can grow in the Illawarra. But what often goes unnoticed are the consistently performing veggies that just do their thing week-in, week-out, all year-round.

This week we're celebrating silverbeet, one of those veg that just does its thing with little fuss. Silverbeet is a member of the chard family and is often called 'swiss chard'. While the many members of the chard family have varying coloured stems, silverbeet is grown for its thick white stem and big dark leaves.

Silverbeet handles all weather conditions and is just as versatile in the kitchen as it is in the garden. A common use is to shred the leaves into and cook into a soup or pasta, or baked into a classic spinach pastry. But don't forget that the white stem is a great product in itself! It can be sliced and used as a celery type stalk in a cooked dish or can be smothered in oil and lightly baked along with the leaves.

Enjoy

Cal Champagne

Green Connect Farm Manager



### Christmas and New Year's Veg Boxes

Please note that there will be No Veg Boxes December 25<sup>th</sup> or 26<sup>th</sup>. We're taking a break for Christmas. We will be doing boxes again on Thursday January 2 (all Wednesday boxes for that week will be delivered on the Thursday).

Because of our week off, please get all pauses and exclusions for this period to Kristin by Thursday the 19<sup>th</sup> of December.

	Silverbeet	Lettuce (cos)	Zucchini OR Cabbage	Sweet Potato	Carrot	Water Cress	Broccoli Or Cauliflower	Bok Choy	Parsley and Spring Onion	Potatoes	Onion	Banana	Nectarines	Oranges	Pineapple
Mini mix	*	*	*	*								*	*		
Small veg	*	*	*	*	*					*	*				
Small mix	*	*	*	*	*					*	*	*	*	*	
Regular veg	*	*	*	*	*	*	*	*	*	**	**				
Regular mix	*	*	*	*	*	*	*	*	*	**	**	*	*		
Large veg	**	*	*	*	**	*	*	*	*	***	***				
Large mix	**	*	*	*	**	*	*	*	*	***		**	**	*	
Fruit box												**	**	*	**

## Zucchini Slice

### Ingredients:

- 1 tbsp oil
- 2 onions, peeled and finely chopped
- 300g bacon, rind removed, finely chopped (you can sub bacon with feta if you want to make it vegetarian)
- 2 cloves garlic, peeled and finely chopped
- 500g zucchini, grated and spread out on paper towels
- 2/3 cup corn kernels
- 1 cup self-raising flour
- 1 cup grated cheese
- 4 eggs
- 1/4 cup parsley, roughly chopped
- 2-3 red chillies, chopped (optional)
- 1/2 cup milk



### Method:

Preheat oven to 180C and line a 20x30cms rectangular tin on the base and sides with parchment. Heat a frying pan on medium-high heat and saute bacon and onion until cooked through and liquid evaporates. If you are making this vegetarian just cook the onions and crumble in the feta with the zucchini. Place the garlic, zucchini, corn, flour, cheese, parsley, chillies in a large bowl. Whisk the eggs and milk together and add this to the bowl along with the cooked bacon and onion, salt, pepper and sugar. Mix until combined and then spread out into the prepared tin. Bake for 40 minutes.

<http://www.notquitenigella.com/2017/03/01/zucchini-slice-recipe/>

## Silverbeet dip

- 1 head silverbeet
- 250g cream cheese
- 1 cup sour cream
- 1 garlic clove
- 1tsp lemon juice

### Method:

Bring a large saucepan of salt and water to the boil. Clean and tear off the green leaves from the silverbeet. The stem can be chopped up and saved for use in stir-fries, quiches or pasta. Once the water is boiling, add the leaves and cook for 4-5 minutes. Take out and refresh in a bowl of ice water. Once cool, place in a colander and squeeze out any excess liquid and roughly chop the leaves. Mix together the sour cream and cream cheese, and whisk in the lemon juice, season with a crushed garlic clove, salt and pepper. **For a vegan option**, try mixing a tin of white beans in a food processor, add lemon juice and olive oil to you have the right taste on consistency.