



Gardd Sadwrn

Good Food as Nature Intended

6 August 2020

Your veg is here!

Thank you all for your continued support.

In exciting news, we have been named a **Carmarthenshire Lockdown Legend** by the Carmarthenshire Association of Voluntary Services! One of our customers had anonymously nominated us and we, alongside many other worthy local businesses, were awarded this unlooked-for accolade.

Vegetable news

We are really pleased to have some lovely broad beans and rainbow chard from Golden Grove in our boxes this week. The broad beans won't be winning any beauty competitions in their pods but the beans themselves are fresh and lovely.

In case you need inspiration hopefully the recipes overleaf will help.

This will be the last week of Pembrokeshire new potatoes. Lots of interesting UK varieties will be coming through over the next few weeks.

Norfolk carrots have been in short supply because yields are low this year. We are back to Dutch carrots this week but hope to have some dirty Norfolk carrots again next week.

Garden news

Unfortunately we are still having deer trouble! We're not sure what has changed - whether they've lost a feeding area due to habitat loss or more likely it's just that they've learned where we are and we're an easy, delicious target! We are in a queue for getting a fence put in. They don't eat squash though - so they are growing well and looking very tasty.

Our chillies are looking better in the polytunnel, thanks to the extra protection and will hopefully be available soon. If you love or don't like chillies, now's the time to tell us.

We're also growing an Indian variety of cucumber 'Poona Kheera' which are just lovely. They're yellow and slightly crunchier than regular green cucumbers and are just amazing with a dash of salt. They're coming along nicely too and will be limited stock in the shop.

Weekly subscribers will get advance notice about our own garden produce in the shop via email, so please do make sure we're not in your Spam folder.

Your boxes this week

Our systems are improving all the time, so do tell us what you do and don't like so we can personalise your boxes. Meanwhile...

Small boxes contain broad beans, chestnut mushrooms and bananas, alongside the Pembrokeshire new potatoes, carrots and onions.

Medium+ boxes also have aubergine, rainbow chard and clementines.

Gardener's boxes this week have chestnut mushrooms, bananas, avocado, pointed peppers, lemons, grapes and oranges.

What do you think?

Let us know your thoughts at

goodfood@garddsadwrn.co.uk

Thank you! The Gardd Sadwrn team

If you wish to suspend or cancel your subscription please do so by midnight Sunday, before your payment is taken on the Monday, thank you.

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Text Raoul on 07506 568 075

Broad Bean and Mushroom Risotto (serves 3-4)

Ingredients

- Olive oil
- 1 onion, peeled and chopped finely
- 200g risotto rice
- 1 glass white wine
- 1 ltr hot vegetable stock – keep this hot in a pan as you cook
- 600g broad beans (weight in pods), shelled
- 250g mushrooms, sliced
- 1 tablespoon fresh rosemary or thyme
- Parmesan, shaved

Method

Gently heat a glug of oil in a saucepan over a medium heat. Fry the mushrooms until they've lost their liquid and are starting to get brown and glossy. Pop them to one side. Add a little more oil to the pan and cook the onion until it is softened and translucent. Return the mushrooms to the pan.

Stir in the rice and cook till the grains have become translucent and glossy. Add the wine and let the rice absorb it. Turn the heat down to medium low. Set a timer for 20 minutes and start feeding in the stock, little by little, stirring and letting the rice absorb it before you add more. Add the broad beans halfway through cooking.

Add most of the herbs with the last ladle of stock. Check the rice is just cooked with a little 'bite' remaining. Season with salt and pepper to taste. Take the pan off the heat, cover and let stand for a few mins. Serve the risotto hot, on warmed plates, topped with the last of the herbs and shavings of Parmesan.

Crushed Broad Bean Bruschetta (serves 4 as a starter or snack)

Ingredients

- 600g broad beans (weight in their pods), podded
- 1 lemon
- olive oil
- 2 tbsps Parmesan, grated, and more to serve (optional)
- small bunch mint or basil leaves, finely chopped
- pinch dried chilli flakes (optional)
- thin slices of sourdough or ciabatta
- 1 garlic clove

Method

Boil the beans in salted water for 3-5 minutes until tender, then mash roughly with a fork. Finely zest the lemon, then squeeze the juice of one half into the beans. Stir in 4 tablespoons of olive oil, the lemon zest, Parmesan, herbs and chilli. Season with salt and pepper to taste (you may want a little more lemon juice too). Toast, grill or griddle the bread, then rub with a cut clove of garlic. Drizzle with some olive oil, then pile on the broad bean mixture and grate over a little more cheese to serve.