

Week commencing 5<sup>th</sup> January 2009

### **New Year's Resolutions**

It may be one of the greyest months, but January is a time for new beginnings. It's natural, after weeks of overindulgence, to set some goals for the year ahead. It's a great time to breathe new life into neglected projects. We've been thinking about our hopes, plans, and goals for 2009. Here are just a few – keeping to a food theme, of course! We hope they inspire you.

1/ ***Avoid wasting food.*** If this is one of your resolutions, check out our Food Waste Manifesto in our newsletter archive.

2/ ***“Eat more wholegrains and pulses, like lentils, pearl barley and wholegrain couscous,”*** says Alexis Panayi, one of our customer service team leaders. “I also plan to take more of my leftover veg to the Llamas and Alpacas in Ashdown Forest!”

3/ ***Make more soup!*** Keith's cookbook offers some wonderful soup ideas. You can pick up a copy on our website for only £5 (down from £8.99).

4/ ***“Invite friends round for dinner more instead of going out for meals,”*** says Gabby Bignell, of customer services. She also plans to “make foodie presents for friends and family at birthdays.”

5/ ***Start juicing!*** We have a great selection of juicing boxes, intended especially for this purpose.

6/ ***“I always resolve to say ‘no’ to naughty snack temptation 50% of the time,”*** says Caroline Owers, another member of our friendly customer service team. She explains: “This means I'm cutting my calories in half whilst still being able to have a treat from time to time!”

7/ ***Opt for healthier snacks.*** Rather than chocolate or biscuits, try houmous with veggies, pâté with oatcakes or a handful of our dried apricots.

8/ ***“Cook from scratch more,”*** says Jon Bleeze, who looks after our website.

9/ ***Bake more bread.*** There's a great, 30-minute soda bread recipe overleaf.

10/ ***“To gain the courage to try haggis,”*** says our Aussie colleague, Daniel Schaumann. He also wants to be more experimental with his cooking... “and to try cooking up some British classics,” he adds.

What are your resolutions for 2009? If they have a food theme and you fancy a helping hand to achieve them, email our [foodie@abelandcole.co.uk](mailto:foodie@abelandcole.co.uk).

**A very happy and prosperous New Year to you and your family,  
from everyone at Abel & Cole.**

If you would like to receive a printed product list showing our full range please call us on 08452 62 62 62 or email [organics@abelandcole.co.uk](mailto:organics@abelandcole.co.uk)

# This Week's Boxes

## Deluxe Veg

Aubergine  
Celeriac  
Courgettes  
Cucumber  
Leeks  
Pink Fir Apple Potatoes  
Red Onions  
Red Pepper  
Tomatoes

## Small Deluxe Veg

Aubergine  
Courgettes  
Cucumber  
Leeks  
Pink Fir Apple Potatoes  
Red Onions  
Red Pepper  
Tomatoes

## Essential Veg

Carrots  
Cauliflower  
Celeriac  
Leeks  
Mushrooms  
Parsnips  
Potatoes  
White Onions

## Small Mixed Box

Apples  
Bananas (Fairtrade)  
Carrots  
Clementines  
Leeks  
Parsnips  
Potatoes  
White Onions

## Family Box

Apples  
Bananas (Fairtrade)  
Carrots  
Cauliflower  
Clementines  
Leeks  
Mushrooms  
Potatoes  
Swede  
Tomatoes  
White Cabbage  
White Onions

## Mixed Box

Apples  
Bananas (Fairtrade)  
Carrots  
Cherry Tomatoes  
Green Cabbage  
Leeks  
Mushrooms  
Oranges  
Potatoes  
White Onions

## Seasonal Salad Box

Cucumber  
Green Lettuce  
Red Cabbage  
Red Onions  
Red Pepper  
Salad Potatoes

## Baby Box

Apples  
Avocado  
Bananas (Fairtrade)  
Carrots  
Courgettes  
Mango  
Potatoes

## Essential Fruit

Apples  
Bananas (Fairtrade)  
Clementines  
Mango  
Oranges

## Essential Fruit Plus

Apples  
Bananas (Fairtrade)  
Clementines  
Kiwi Fruit  
Mango  
Oranges  
Pears

Box contents may vary due to availability and road strikes. Our website will always show the most up to date information.

If your box doesn't match the contents shown here, please count the items in the box, as a replacement may have been made.

**If you're not peeling them, please wash your fruit and veg before eating them.**

## Candied Orange Peel

If you're making your own freshly squeezed orange juice, put the peel to use with this great recipe:

Slice orange peel, including white pith, into 1cm-thick strips. Place in water, boil, drain and repeat.

For each orange, simmer 200g caster sugar per 45ml water, until sugar melts. Add peel; simmer for 45 minutes-1 hour, until peel is translucent.

Dust final peel with caster sugar. Eat as a sweet, use in cakes or stuff into a pitted date with an almond and coat in your favourite chocolate.

## YOUR RECEIPT

## 30-minute Soda Bread

serves 4

This takes 30 minutes to make this from start to finish! It's best eaten fresh, so make in small batches.

**250g white self-raising flour**, plus extra for dusting

A good pinch of **sea salt**

**75ml full-fat milk**

**75g natural yogurt**

Preheat the oven to 200C. Sift the flour with the salt. Whisk yogurt with milk. Make a well in the centre of flour. Pour milk/yogurt mix in. Gently fold until it comes together. Just give it a little knead – you don't want to overwork it! – until you have a smooth dough. Form into 4cm high round. Cut a cross in the top of the dough round, almost down to the bottom. Bake 20 minutes. Turn the oven off; leave for just a minute or two longer. Serve with jam, honey, scrambled eggs or soup!

## Traditional Welsh Cawl

serves 4

"I'm from Wales, and back home we have a lovely broth called "cawl". I make it every Tuesday, when I receive my Mixed Organic Box," wrote one of our lovely customers, Marc.

**400g lamb neck fillets**

**4 large potatoes, 4 carrots,**

**1 parsnip, 2 leeks**

**2 thyme sprigs**

A splash of **Worcester sauce**

Coat lamb in flour. Season. Lightly fry in a large pan to seal meat. Add 2 litres of boiling water, and simmer gently for as long as possible. Meanwhile, peel and cube the potatoes, carrots and parsnip; add to pan, along with thyme. Keep simmering, so everything cooks thoroughly, the longer the better, add some Worcester sauce and season to taste.

Twenty minutes before you intend to serve, chop the leeks and add to the pan. Serve with crusty bread, and cheddar cheese. Delicious!

Please include your name and either your account number or postcode in all correspondence!  
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