



# LINSCOMBE FARM NEWSLETTER

Thursday 3rd March 2011

A brief and purposeful newsletter this week. Firstly - a reminder that there is the CREDITON Farmers' Market this Saturday 5th March, 10am to 1pm. **NEW!** Second monthly CREDITON market starting on **FRIDAY 15th April**

Secondly, swede recipes.....

We grow two types of swedes - purple topped and green topped. The purple topped are the ones most people are familiar with and if judging by appearance, the swede most will go for. The green swede has a rougher skin, is mostly perceived to be a "large turnip" or "unripe" but does in fact have a slightly superior flavour and, from the grower's point of view, is more pest resistant.



Our swedes have been a good size this year and on first look may appear somewhat daunting and so end up haunting the veg basket. It is therefore often a pleasant surprise when it has been hoiked out and dealt with, that it produces one of the best mashes ever - usual Linscombe style, throw in any other roots which happen to be lurking nearby (potatoes and carrots are good in particular, but others are good for playing "guess what's in the mash" at dinner time), add milk and be generous with the butter (lots of work to do here if anyone fancies coming and

working off their butter afterwards!). Nearly every recipe found for mash said "cube, boil until tender and then drain off the water" .....what is this thing with boiling vegetables? Why spend the time preparing fresh vegetables and then boil them to death and drain away the nutrients? Please, always ignore that bit and steam instead whenever possible....just googled "why boil vegetables" and came up with <http://thefoody.com/vegetable/basics.html> which had a few useful snippets on steaming, but seemed to be advocating microwaves too - no time to jump on the the anti-microwave train now without checking a few facts - technology updates etc, so maybe another time....back to swede.

More exotically, the website Veg Box Recipes has this swede cake recipe as a starter or light lunch with salad:

#### Ingredients

1 swede, 4 large carrots, 4 celery sticks including leaves, 1 bunch of parsley  
1 teaspoon of salt or any allspice of preference, pepper, 2 free range organic eggs  
4 heaped soup spoons of cornflour, butter, Fresh coriander, oregano, other herbs of regional spicing



#### Method (modified for brevity)

Heat oven to 200°C

Cut, dice and STEAM swede and 2 of the carrots, making a mash with butter (add milk if need to moisten). Grate other carrots and chop celery, add egg and mix, then add to the COOLED mash, add herbs of choice and then stir corn flour into the mix. Form mix into balls and bake in oven for 40 minutes until golden.

Have also found another very similar recipe, which used simply swede, onion, garlic and asian spices, coating the mix with breadcrumbs and frying the swede cakes, serving with natural yogurt

**Spiced Roasted Swede and Onion** (shamelessly cribbed from Abel and Cole) who say “Lovely with a Sunday roast. You can blitz up the leftovers with some stock to make soup! Serves 6-8

50ml olive oil, 1 swede, peel and cut into 3cm cubes, 2 onions, peeled and quartered, 1/2 tsp mixed spice, 6 garlic cloves

Preheat oven to 180°C. Heat the olive oil in a roasting tin for 2 minutes. Add the onions, swede, whole garlic cloves and spice, turning to coat well. Roast for 1 hour, turning a couple of times, until swede is tender and has browned a bit. Keep an eye on the onions to make sure they don't cook faster than the swede.

Lastly, there are of course soups, savoury cheesy crumbles and lasagne - all favourites for using winter roots and don't forget the swede chips.

See you at Crediton market on Saturday - with both purple and green swedes, and our range of other veg.. All the best, Helen, Phil, boys and Linscombe Team.