



THE LAND OF COMMON SENSE



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An occasional newsletter from the Community Farm at Donington-on-Bain
Contact us at Doncomfarm@gmail.com or text 07388 671264

Braised red cabbage

Recipes that work—there is nothing more warming and seasonal than braised red cabbage.

Thanks to Rachel for sharing her recipe here. Last year she preserved a load in hot sterilised jars “and it lasted for a good three months,” she says. “But I’m making it again this year—the whole family over it!”

- 1 small red cabbage
- 1 onion chopped
- 1 oz. butter
- ¼ pint red wine
- 2 tblsp balsamic vinegar
- 3 tblsp soft brown sugar
- 2-4 eating apples peeled, cored & chopped
- A strip of orange peel
- 1 teasp cinnamon
- Salt & pepper
- (Optional – 1 garlic crushed, ¼ teasp ground cloves.)



That beautiful colour of red cabbage contains anti-oxidants that could protect you against developing cardiovascular disease, cancer, neurological disorders and diabetes. The fibre is also great for gut health, including encouraging beneficial bacteria.
Source: www.bbcgoodfood.com



What to do?
Soften onion in butter. Shred the cabbage, discarding the white core. Put cabbage, onion and all other ingredients into a fire-proof casserole. Stir to mix & cover tightly – foil + lid. Bake in oven at 160° for 2 hours. Check half way through cooking and if dry add a little wine or water.

Don't forget—a fun day planned in the polytunnels
26th October—it's a Tuesday— we're going for a final harvest and a good clean out!

Saturday's Meeting

Eighteen people filled the field this week at the Saturday Morning meet-up—it must have been the mild weather or everyone just following the cyclists as a lot of lycra seemed to be going right towards our roadside stall! Either way, it was our biggest turnout for a while—and included representatives of the younger generation. Yay!

See abundance in the wheelbarrow, below.



Suggestions Box

Tidy stall—growing compost

Several people have been suggesting stripping off yellowing leaves and outer cabbage leaves (caterpillar parties evident) for produce going on the stall—and using it to build up the compost pile on the inside of the hedge. Seems like a win-win situation as we will be needing compost soon for the Great Return (to the original field) and it will help keep the roadside tidy.

Which leaves to pick?

Several of the 'greens' in the field are still growing from the central growing tip. If the plant is on its last legs pick what you can, but if you think there is life in the old dog yet, please pick lower leaves only and we'll see if that little growing tip can take us through the winter.
The judgement is yours!

