



# THE LAND OF COMMON SENSE



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An occasional newsletter from the Community Farm at Donington-on-Bain  
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## Ever wondered what to do with a green tomato?

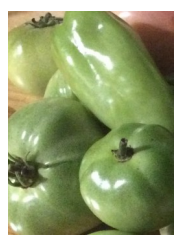
**We did promise Jude's leek recipe this issue but because of a conversation in the polytunnel (where strong green tomatoes were the only vibrant life amongst the wilting 'everything else') we decided this delicious green tomato chutney recipe is not only quite timely, it could help you with your Christmas presents!**



- 2½ lbs green tomatoes (cored & chopped)
- 1¼ cups brown sugar
- 1 cup chopped red onion
- 1 cup golden raisins
- 1 cup cider vinegar
- 2 tblsp chopped/candied ginger
- 1 tblsp mustard seeds
- 1 tspn each: chili pepper flakes, fennel seeds, salt
- ½ tspn ground allspice
- ⅛ ground cloves
- 1 cinnamon stick
- Pinch ground nutmeg

**What to do?**  
Sterilise the jars. Put all ingredients into one pot and cook 45 mins. Bring to boil, cover and simmer 45 mins. Taste and adjust seasonings. Fill jars to ¼" from rim and add lids. Put jars in pot and cover with 1" hot water. Boil for 15 mins. Cool and store. Easy peasy.

Thanks Jude!



Did you know, green tomatoes are good for varicose veins?! They are also rich in Vit A (combats free radicals), C (strengthens antibodies), K (against cancer cells), B6 (immunity and preventing bad bacteria) and other things like copper and potassium). Source: <https://www.healthbenefitstimes.com/green-tomatoes/>

## Action research yields results

Pam, Jude and Alison had a go at active research in October—would local small businesses like our veg? Looking at the abundance of beetroot, cabbage and leek mid-October, they decided to approach some local greengrocers in Louth and Market Rasen.



In Louth, outlets already had their suppliers and they were informed the market for organic was too small, although Pam generated some interest in local hostelrys. She also had more luck in Market Rasen where there was interest from the grocer even though he already had a one-stop wholesale market for all his needs.



An idea has taken off, however, with The Green Pantry in Market Rasen. If anyone wants a veg box, they can order on a Friday and pick up at the shop on the following Monday.

Thanks to Pam for delivering. If you want to help please call or email.

Picture of Alison with nutritious samples—on a fun but unsuccessful mission. (We all have to be in the spirit of community, so I hope this one comes out OK, Ed....)



