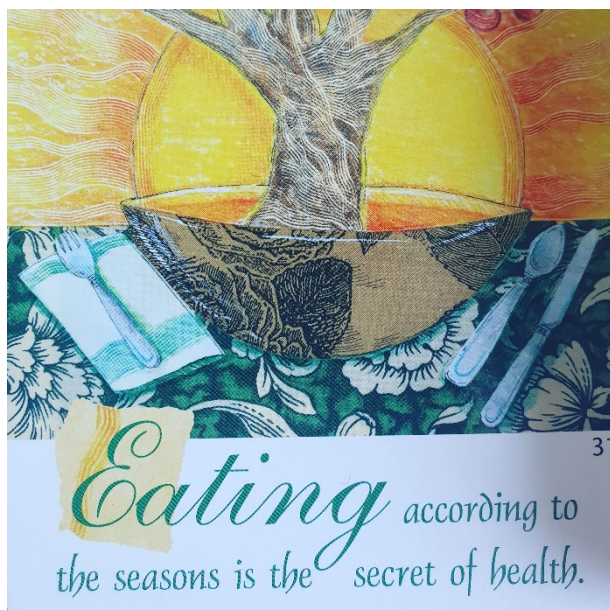


Recipes from Justine Evans, Common Soil member and local Naturopath and Nutritional Therapist

August/September Seasonal goodies:



Fruit: blackberries, apples, plums, boysenberries, blackcurrants, raspberries, redcurrants, rowan berries

Herbs: Sorrel, parsley, mint, lemon balm, watercress, wild fennel, cleavers, thyme, dill, marjoram, basil, oregano

Salad leaves, rocket, tomatoes, cucumber

Cabbage, courgette, chard, broccoli, cauliflower, green beans, sweetcorn, peppers, chilli's, spinach

Carrots, beetroot, potatoes, onions, radishes, beetroot

To begin your day:

The Green Smoothie:

Fabulous pick me-up in the morning or any time!

Handful of Common Soil kale, spinach, any of their greens or broccoli

1 x pear or apple (optional)

Half a pint of almond milk or coconut milk or milk of choice

2 dessertspoons ground flaxseeds

Whizz all together in a blender and drink. Unless you have a Vitamix or excellent blender the vegetables and fruit will need to be cored and chopped prior to blending.

Antioxidant Special

Handful raspberries, blackberries, blackcurrants or redcurrants

300-400 ml coconut water

Half a Common Soil courgette chopped up

3-4 common Soil lemon balm or mint leaves

2 ice cubes

Optional teaspoon chia seeds or mixed seeds

Blend all together until smooth. Very tasty and full of immune boosting goodness

Baked fruit. In season: apples, plums, pears or combine with dried fruit (fig, dates, apricot, among others).

Simply choose your fruit and cut it in half. De stone and then place face down into the baking tin. If you are using dried fruit then remember you will need to re-hydrate first.

Add a splattering of water and a sprinkling of 5 spice; cinnamon powder and/or vanilla essence.

Bake in the oven for about 10-20 minutes until soft. Eat warm or cold. This is full of fibre and plenty

of vitamins. The cinnamon helps your blood sugars remain balanced. Overall this is a versatile dish – eat it on its own or add to porridge, yoghurt etc.

Coconut and chilli corn – serves 6 but work on the premise of one corn cob per person. As it's the annual Charity chilli cook off at the Crown & Sceptre on 28th August I thought this would be a good one for this month!

6 corn cobs with husks if possible

400ml can coconut milk

2 spring onions chopped or 1 Common Soil onion, peeled and chopped finely

1 scotch bonnet pepper (or any form of pepper or chilli that suits your taste buds)

Leaves from a small bunch of Common Soil coriander or a selection of their herbs – chopped

Your bunch of Common Soil parsley – chopped

1 clove garlic – roughly chopped

Bunch of Common Soil thyme

1 teaspoon salt (optional)

Fill a large cooking pot with enough water to cover the cobs. Heat the water to boiling point.

Whilst it's coming to boil strip the husks from the corn. Place the husks into the water together with the coconut milk, onion, garlic, salt and herbs. Boil for a 3-5 minutes to infuse the liquid with the flavours. Now add the chilli/pepper and the sweet corn cobs. Bring back to the boil and simmer/boil for around 6 minutes until the cobs are cooked. Remove from the heat and eat the corn cobs. The remaining liquid can be thickened and used as a form of gravy or added to rice etc for additional flavouring.

Beetroot, Fennel and Lentil salad (serves 3-4). With an abundance of beetroot in our boxes recently I have found this recipe very useful. Otherwise I have been juicing my beetroot with apples and drinking a glass daily.

3 Common Soil medium beetroot, trimmed

1-tablespoon oil

1 medium fennel bulb

400g can brown lentils, rinsed and drained

100g/handful Common Soil rocket leaves or meadow leaves

Preheat oven to 180c. Combine beetroot in small baking tray with oil and bake for about an hour.

When cool peel the beetroot and chop coarsely. Slice fennel bulb finely. Toss, fennel, lentils and rocket in a bowl. Add some tahini dressing if you fancy, place beetroot on top. Yum



Sorrell, chard and courgette lasagne (serves 4-6). I made this as I had an overflow of courgette, Sorrell and chard from my box. It's a very versatile dish – just add whatever you have in your store cupboard alongside the veggies. Can be for all diets – meat eater, veggie or vegans. Just adapt to fit!

About 6 lasagne sheets (buy the ones you don't need to pre-cook. You can use gluten free if you prefer)

Lasagne white sauce or make your own (recipe below)

1-2 Common Soil courgettes – washed and chopped into bite sizes

Common Soil leafy greens (Sorrell, Chard, Kale, Spinach whatever is in the box!)

1 Common Soil onion – peeled and chopped

1-2 cloves of garlic – skinned and chopped

Handful Common Soil fresh herbs – washed and chopped (I use the stems as well)

A little salt and black pepper

Tin tomatoes or passata

Teaspoon paprika

Teaspoon dried mixed herbs

Teaspoon Cajun spice

1-2 tablespoons vegan parmesan or cow parmesan or similar

A little sugar

Olive or rapeseed oil

Small mug of dried lentils (washed and drained) or a tin of lentils

Begin by making the main filler:

Chop onions, garlic and sauté over a medium heat in a little oil until soft. Add chopped up courgettes and sauté for a few minutes. Once they begin to soften add paprika, dried herbs, Cajun spice and stir gently. Now add the lentils. Gently stir through adding a little water to stop overheating. Gently add the passata (or tinned tomatoes) simmering gently until lentils are soft and courgettes al denté. Add a sprinkling of sugar if required, salt and pepper and the chopped fresh herbs. Stir through and then leave to one side as you prepare the next part.

White sauce: (unless you are using a shop bought one)

50g butter (vegan or animal)

50g plain flour or 1 dessertspoon cornflour

600ml milk (animal or plant based)

nutmeg, for grating

Salt and black pepper

Melt the butter slowly in a saucepan. Stir in the flour to make a paste. Cook the paste for 2 minutes, then season well with salt and pepper. Gradually add in the milk, stirring until smooth. Cook over a medium heat, stirring, until thickened (it will take at least 5 minutes). Add freshly grated nutmeg.

Now put it all together:

In an ovenproof dish place a layer of the courgette filler. Now add a layer of whichever leaves has arrived in your box (cabbage/sorrel/chard/spinach/kale). If the stems are very thick then I chop them off, dice and add to the courgette mixture. The aim of the game is to add a blanket of leaves over the courgette mixture. If you are gluten free or prefer not to use pasta you can use the leaves instead of pasta – otherwise now add a layer of the lasagne sheets. Next, spread over a layer of the white sauce. Repeat the process ending with white sauce on top. Sprinkle the parmesan over the top and cook in the oven for about 30-40 minutes at around 180°C/gas mark 5.

Justine Evans ND is a local Naturopath and Nutritional Therapist who is passionate about seasonal living!