

CAMBRIDGE ORGANIC GAZETTE

# COurgette



## Summertime boxes about to burst!

Is it the best time of year to be a CO member?

**Redefining pasta with Pastificio Carleschi**  
Interview with new local producer

**How to Store That Veg!**  
Pull out poster to help you keep your veggies fresher for longer

**Team Talks**  
Some buzzing words from team member Dave



## Comment from Duncan:

Founder and owner of Cambridge Organic



**There's no denying that this is the time of year when being a member of your local organic veg box scheme really comes into its own; an abundance of spectacularly good produce that is in season from the farms that are just on our doorstep. This is what it's all about, you simply can't get better.**

Every once in a while one comes across a new product that excites on so many levels. Pastaficio Carleschi is one of those products. Superb quality authentic Italian style pasta, but made in the UK using locally and organically grown grains. Better still the company founder and owner, Giovanni, lives right here in Cambridge. I'm so excited to be adding Pastaficio Carleschi pasta to our range of grocery items, and I do urge you to give it a go because it is amazing.

I was rocked by Daily Bread's recent announcement that they may be facing closure if things don't turn around for them soon. I would be devastated if Daily Bread were to close. I have been trading with them for as long as I've been in business (a quarter of a century no less). They have played such an important role in terms of bringing wholefoods, sustainable foods and ethical consumerism to Cambridge. And it's such a lovely business, run by really good people. Come on everyone, we simply can't allow this local institution to fall by the wayside. I'm certainly going to be putting on my thinking cap to see if there any ways we can help, and if you love Daily Bread as much as I do please go and support them with your custom.

Daily Bread's announcement means so much more than the closure of a much-loved shop; it is an indicator of the health of our local food economy. Their announcement comes within weeks of another local independent food retailer, Radmore Farm Shop, having to close its physical retail presence. We have a real crisis on our hands. Shops like Daily Bread and Radmore Farm shop are important outlets for local producers and other local enterprises, so their closure will be a massive blow for the local food system in general. This crisis has been looming for many years, and it was precisely the issue that the Food Hub was conceived to address. The 'Local Food Ecosystem' concept of local food supply-chain coordination, which the Food Hub puts into practise, focusses on improving trading conditions for local food enterprises, with the objective of creating a vibrant and resilient local food system. We're doing what we can, but we are just a small business ourselves; more support is needed from the powers that be.

## Food for thought from the Team



**Dave Jackson is a long term team member and a passionate bee keeper. Here he writes about the UK's hero pollinators and how buying local honey is a sound environmental choice.**

"Much of the fruit and vegetables we eat are dependent on bees for pollination. But this is not all down to the honey bees. Bumblebees and solitary bees, the latter of which have over 250 species in the UK, also play an important part.

Bee keepers are able to take some honey from the honey bees because they produce an excess to get them through the winter, a season when there is little to no nectar around. Honey has been used as a foodstuff for humans since before written records began. There is evidence of its use long before sugar cane or beet sugar was available.

Sadly honey from the supermarkets, even when it claims to come from this country, is often

adulterated with cheaper honey from China or other countries. Most UK honey is from bee keepers who keep less than a dozen hives.

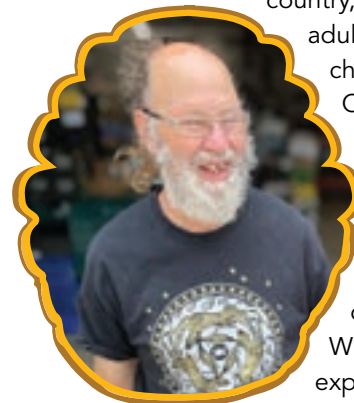
While it is more expensive to buy

local honey, it is a sound investment. It supports small businesses that are environmentally sustainable. It also opens you up to a wide range of different flavours depending on what the bees are foraging on.

Between May and July bee keepers are either intent on stopping their bees from swarming or on catching new swarms. In May I picked up two swarms in one day. Not surprising because at this time of year the numbers of bees in a hive are exploding as the queen lays upwards of a thousand eggs a day. When the hive starts getting too crowded for the queen's pheromones to control the entire workforce, the workers signal that it is time to swarm. The colony, as a super organism, wants to reproduce, and the old queen leaves the hive with half to two thirds of the bees who are old enough to fly. In the days following a new queen will emerge.

Buying local honey supports small bee keepers who keep bees in a far more bee friendly way than the big commercial operations. It also makes a great alternative to sugar especially in herb teas such as fresh mint."

**You can check out our local honeys online.**



# COUNTER TOP

Fruit bowl or kitchen shelf.

**Tomatoes**  
**Avocados**  
**Citrus fruit**  
**Plums**

are much more  
flavoursome at  
room temp

Keep the above on the counter  
until ripe and then place in the  
fridge



**Apples**  
**Pears**  
**Bananas**  
**Squash**  
**Pumpkin**  
**Turmeric**



# COOL DARK PLACE

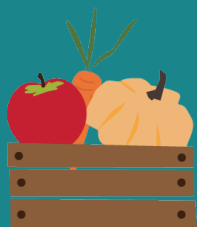
**Potatoes**  
**Sweet Potatoes**

keep the above in a paper  
bag and away from your  
onions

**Onion**  
**Garlic**



CAMBRIDGE  
organic



# HOW TO STORE YOUR VEG

# IN THE FRIDGE

Store in an airtight  
container or bag

- Broccoli
- Cauliflower
- Carrot
- Celery
- Cut Squash
- Fennel
- French beans
- Kohlrabi
- Lettuce & salad leaves
- Leafy cabbage, kale & sprouts
- Leek
- Spring Onion
- Turnip
- Spinach, chard & beet leaves
- Parsnip
- Radish
- Rhubarb



Keep these items cold and in  
low humidity

- Pepper
- Aubergine
- Asparagus



Snip off the  
asparagus ends to  
give a fresh cut  
and stand in a  
glass jar with 2cm  
of cold water.



- Beetroot
- Broad beans
- Celeriac
- Courgette
- Cucumber
- Chillies
- Jerusalem artichoke
- Globe artichoke
- Sweetcorn
- Swede
- Mushrooms

Keep your  
mushrooms  
in a paper  
bag to absorb  
excess moisture.



# TIPS



Only wash your fruits and  
vegetables when you're ready to  
use them. (Washing removes  
natural protective barriers which  
help to encourage the growth of  
bacteria and mould)

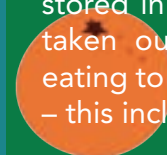
Remove the greens from root  
vegetables like carrots and  
radishes (you can eat these too!)

Store fruits and vegetables  
separately, many fruits emit  
ethylene gas as they ripen, and  
can cause other fresh produce to  
spoil faster.

Perk up leafy greens that have  
gone limp by placing stalks in a  
glass of water. This also works for  
asparagus, celery, broccoli,  
rhubarb and herbs

Ripening fruit – avocados, plums,  
peaches etc - out on counter top  
and then in fridge. To speed up  
ripening put fruit in closed paper  
bag ideally with a ripe banana or  
apple.

Citrus fruits, unless they need  
ripening up (in which case keep at  
room temperature), are best  
stored in the fridge. They can be  
taken out a day or two before  
eating to enjoy their fullest flavour  
– this includes tomatoes too!



## Pasta redefined by Pastificio Carleschi

**Pasta, it sits hidden in most kitchen cupboards across the country. It's loved by adults and children alike and it comes in a range of shapes and sizes big enough to make abstract art. As a nation, we love it and it's become an integral part of the British family's diet. A whopping 68% of Brits eat the stuff at least once a week, and consumption, they say, is still growing. We eat such a lot of it, but how much do we really know about pasta?**

Enter our newest local producer: Pastificio Carleschi (pronounced Past-if-each-yo Car-less-key). They are a British, artisan, organic dry pasta producer who put their heart and soul into the business. They are completely committed to sustainability: they use only 100% British organic flour and work with local and organic farms that prioritise regenerative farming and their factory runs solely on green energy. Their packaging is also fully compostable in home composting environments so that's zero plastic to worry about.

Giovanni Carleschi is the director and founder of Pastificio Carleschi and lives right here in Cambridge. I caught up with him to learn more about what they do and within 30 minutes he had completely changed the way I look at dried pasta! He is an artisan, and speaks with a passion that you would expect from a master coffee roaster. He explains: "Our first focus was creating products we are proud of and we have achieved that. We do not mix the grains; we use grains in their purity. We give people a chance to know these grains exist, to try them out and to encourage people to have a new perspective on pasta. Wheat constitutes such a big chunk of our diet and we want to stimulate people so they are a little more inquisitive about it."

Gio's childhood in 1980's Italy was dominated by food. His father had a passion for foraging, fishing and hunting and Gio would often accompany him: "My passion for food started in my family, we did a lot of activity that was food related. This imprinted in me

the idea that you need to understand what it is you are eating and appreciate it fully — to take food ownership of what you eat."

In 2008 Gio started a soft pasta company in London. Soon after, he started to look into dry pasta production. The durum wheat traditionally used to make Italian pasta does not grow well in the British climate. True to his forager roots, Gio started to look for ingredients for pasta closer to home. He



Director and founder Giovanni Carleschi

discovered that spelt – a heritage wheat variety – was one favoured by organic farmers in the UK. It's a large grain with a thick outer hull which is naturally resilient to adverse climate conditions and pests. It thrives here and is beneficial for soil regeneration. This ancient grain has been around for thousands of years but there was no template on how to produce spelt pasta. Gio and his team went to work, experimenting with each part of the process until they had created their first spelt pasta. In 2012 they were awarded 2 stars at the Great Taste Awards. Around 2017 there was a sudden increase in the growing of the two other types of Farro grain in the UK: Emmer and Einkorn. Like spelt they are also suitable for making pasta. Now Gio and his team had enough scope to create a range of British pastas and in 2019 Pastificio Carleschi was born.

Pastificio Carleschi uses only stone-milled flour to ensure that the integrity and nutrient content of the wholegrain is preserved. In addition, these ancient grains are naturally more nutritious than their modern counterparts. Have a look at their website ([carleschi.co.uk](http://carleschi.co.uk)) for more information on each specific grain they use



photo courtesy of Pastificio Carleschi



Available online now to add to your box

and its associated nutritional benefits – it's fascinating!

“  
...you need to understand what it is you are eating and appreciate it fully.”

Pastificio Carleschi take great care with every step of the process. They have strong connections with the UK organic farms and traditional mills where their flour is produced. They are constantly working on improving their products and their sustainability.

They are optimistic about the future, as Gio explains: "My hope is that as the consumption of pasta increases people become a little more curious about it. I think it will be a natural revolution for the dry pasta market. The market here is now big enough to justify the presence of artisan dry pasta makers, who are bringing to the consumer an alternative; a new view of the same product."

We are thrilled to stock their range of stone-ground spelt flour pastas and their new 'Emmer & Fava Bean' pasta – with fava beans from British grower Hodmedods, who have long been one of our key suppliers.

Pastificio Carleschi are crafting something different. It's pasta, but it's new.



# CAMBRIDGE'S SUSTAINABLE VEG BOX COMPANY

- Fruit & Veg Boxes ●
- Local & Organic ●
- Planet Friendly ●
- Minimal Packaging ●
- Free Delivery ●

## How to Sign Up:

- STEPS: 1** Visit us at [www.cambridgeorganic.co.uk](http://www.cambridgeorganic.co.uk) and click 'get started'.
-  **2** Enter your postcode to see what day of the week we deliver to your area, and then choose your first delivery date.
-  **3** Choose your type of veg and/or fruit box, add any extras, choose your regularity and go to checkout!
-  **4** You will be asked to set up a direct debit as your weekly or fortnightly deliveries continue automatically after your first order. However the direct debit amount is taken a week after your delivery - so you are only ever charged for what you have ordered and received. Also you can pause or cancel membership at any time. You are not locked into any subscription.
-  **5** Wait for your box of delicious, organic, fresh and local produce to be delivered to your door in one of our fully electric vans by our friendly delivery team!