

Spanakorizo (Spinach Rice)

This traditional Greek dish is a lovely combination of spring flavours, mixed with some hearty and filling rice, to create an easy and tasty meal that fills you up too. You can enjoy it on its own, or as an accompaniment to lamb or chicken dishes; perhaps with some kebabs made from one of our BBQ meat boxes – only £25 each and available every week in the summer with free local delivery!

Serves 2

- 1 bag fresh spinach, roughly chopped, washed & drained
- 2-3 spring onions, chopped
- 3-4 tbsp olive oil
- 1 mug long-grain rice
- sea salt & freshly ground pepper
- 1 tbsp fresh parsley/oregano/dill
- 2 tbsp lemon juice
- 2 handfuls feta cheese, chopped



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Sauté the chopped spring onion in the olive oil over medium heat for about five minutes. Add the drained spinach and a mug-full of water and cook until the spinach wilts for another five minutes. Add the rice and about three mugs of water; bring to the boil and simmer for 15 minutes, stirring occasionally (add more water if needed). Stir in lemon juice, pepper and salt, cook for another few minutes then remove from the heat. Stir in the herbs, season to taste, cover and rest for five minutes. Crumble in the feta cheese, and serve warm with wedges of lemon, freshly ground pepper and a cucumber and tomato side salad.



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This week we love... Composting!

No, we haven't gone bonkers (yet): we are talking about **Libby's Bokashi** – a super-speed home composting system that lets you compost **all** of your kitchen waste. This includes even cooked waste, including vegetables, meat, dairy and even small bones! Bokashi is very popular in North America and is gaining in popularity in the UK, with Libby's Bokashi one of the main producers – and they are based right here in Swindon! Once composted, add the finished bokashi to your external compost, or bury in your vegetable patch to create an earthy worm heaven.



Over the next few weeks we are offering a fantastic **20% off Libby's Bokashi Set** (usual price £20; price until the end of July £16). We're throwing in a free spray bottle and a free 200ml bottle of Libby Chan cleaner too!



To coincide with our Libby's Bokashi promotion, we are also offering **20% off our popular 1litre Libby Chan probiotic cleaner** and spray bottle sets (usual price £7.50; now £6)! Safer than chemicals and better than antibacterials, Libby Chan populates your home with billions of effective little cleaners! Just 1litre of Libby Chan makes 5litres of multipurpose cleaning solution, to use on surfaces, floors, bathrooms, stubborn stains, barbecues... To find out more visit www.mylivingwateruk.com. These offers are available in the farm shop or box delivery until 31st July 2013.



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