

SOS Dis-Dress

*Save Our Salad! This year has officially been a disaster for farmers and growers across the country. Not only have temperatures and light levels been incredibly low (so plants are very slow to germinate and grow), but the endless rain means a) we can't get on the soil to cultivate or plant any more seeds in the ground, and more importantly b) there has been an invasion of evil slugs that have wiped out entire crops. Our weeds have taken over, and any crops that have made it this far are now swamped and fighting for their lives. This is where **you** come in! We desperately need extra help keeping the weeds at bay, so we're planning some fun weeding days very soon, with free food and drink in return for all your hard graft! Keep an eye on our Facebook (www.facebook.com/purtonhouseorganics) and Twitter (twitter.com/purtonhouseorga) pages for details over the next couple of weeks, and come along to fight the good fight, make new friends and enjoy a barbecue! To celebrate the crops that have survived this far, try mixing up all your veg with this fab dressing – avocado and other oils are now available in the farm shop.*

Makes a small pot

pinch fresh grated ginger
1 clove garlic
handful crushed & chopped basil leaves
3 tbsp lime/lemon juice
1 tbsp white wine vinegar
1 tbsp brown sugar
1 tbsp soy sauce
6 tbsp avocado oil
salt & pepper



Mix together all the dressing ingredients, and serve over mixed salad (podded broad beans, sliced onions, chunked cucumber, courgette, carrots, apple, tomatoes, celery, pepper, shredded cabbage, lettuce...) with fresh crusty bread. Also delicious with lamb, duck, chicken and noodles.



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