

Purton Power Salad

Right, we know what you're thinking: it's February, why would we want salad in February? But actually this is a stunning winter salad (inspired by Juice Master Jason Vale, www.juicemaster.com); we've been scoffing it for a couple of weeks now, and it's pretty addictive. It's a great base for adding halloumi to (organic halloumi from Sussex now available in the shop), chorizo, bacon or eggs if you fancy it: yet we challenge the most ardent carnivore not to find these flavours alone gorgeous and irresistible. You'll also find almost the whole range of vitamins, minerals and antioxidants here too. You can use any carrots, but this week's Purple Haze carrots add colour and fun.

Serves 2

- 1 handful spinach, washed & shredded
- 1 handful mixed salad leaves or watercress, washed & shredded
- 2-3 tbsp red cabbage, grated
- 1 large carrot, grated or sliced
- ½ sweet pepper, deseeded & diced
- 2 tbsp cucumber, diced
- 1 large avocado, peeled, destoned & diced into large chunks
- 1 clove garlic, crushed
- 1 tbsp cold-pressed olive oil
- ½ lemon, juiced
- ½ lime, juiced
- pinch coarse sea salt



Mix the spinach, salad leaves, cabbage, carrot, cucumber and pepper together in a large bowl. Sprinkle the avocado and garlic around, and dress with the lemon and lime juice. Drizzle the olive or hemp oil over the top, and add a pinch of coarse salt. Combine gently and serve.



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This week we love... Shrove Tuesday 12th Feb

Pancakes are easy to make but they taste extra good if you use quality ingredients. Along with our own organic free range eggs we have milk and butter from Berkeley Farm Dairy – they are practically on our doorstep, between Wroughton and Swindon Old Town; as you enter the farm you see beautiful Guernsey cows at the gate and the small pasteurisation plant by the field. Berkeley Farm has been going for three generations and sticks to traditional farming methods farming (ie cows in fields!) and pasteurisation. Much of their milk goes further afield, but we think it's great that we can supply it using only a few 'milk' miles.



Dusky/www.freeditphotos.net

We have a special Pancake Offer in the shop until Wednesday 13th Feb:

1kg Marriage's Organic Plain Flour
1litre Berkeley Farm Organic Milk
250g Berkeley Farm Organic Butter
6 Purton House Organics Medium Eggs
1 Organic Lemon

All for £6.20 (save 10%)

Pancake recipe: 100g flour 1 egg 250ml milk knob butter

Put flour in bowl and create a well in the centre. Add the egg, a little milk and draw in flour from the sides. Gradually add more milk and whisk to make a thin batter. Heat a frying pan for a few minutes before adding butter: melt it, don't burn. Add a little batter and swirl to get a thin layer. Lift edges with a spatula and shake pan to prevent sticking. Toss or flip the pancake when surface is dry, and cook other side. Serve with sugar and lemon, or we have more fruit, maple syrup, chocolate spread and honey in the shop too!

Purton
Farm Shop



From our land to your hand

Open Tuesday-Friday 9.30am-5.30pm
Saturday 9.30am-4pm
Sunday 11am-4pm

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