

# Sautéed Flower Sprout Tops & Sweet Potato

*We were so impressed with the super tasty and super healthy Flower Sprout tops last week, we've gone for them again this week: they're an awesome mix of Brussels sprouts and kale, with the best flavour of both (and a lovely colour). They're our new favourite 'green' and so versatile: steamed, stir-fried, braised, curried... Try this very yummy mix of sweet potatoes and Flower Sprout tops for an epic side dish; or throw in whatever you have handy (maybe some nice smoky bacon or chickpeas) for a great dinner.*

## Serves 2

1 large sweet potato, peeled & cubed  
large handful Flower Sprout tops, chopped or shredded  
½ onion, chopped  
½ sweet pepper, chopped  
3 cloves garlic, chopped  
3 tbsp olive oil  
pinch chilli flakes or powder  
½ tsp cumin powder  
sea salt & cracked black pepper



SXC

Mix the cubed sweet potato (smaller cubes will cook quicker), onion, pepper, and garlic in a bowl. Whisk together most of the olive oil, chilli, pinch of salt and cumin, and pour into the veg bowl. Heat the rest of oil in a large pan and sauté the spiced veg for up to ten minutes, stirring, until the potatoes are tender. Add the Flower Sprout tops and a splash of water, and continue cooking for another minute or two. Season to taste and serve.



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# This week we love... Our Meat

Meat week (the last Thursday of every month, so February meat week is next week, Monday 25th) is always a hectic time, but we love it because we get so much amazing fresh meat in. Not only do we have our own organic cows and pigs, who roam our fields and watch us work, we also get some lovely organic free range



*Free range organic cow. Not a horse*

chicken too from Springfield Poultry; we have organic lamb when in season; plus locally shot game during the winter. If the horse meat scandal shows one thing, it's that the best way to be sure of what you're eating is to keep it local. Our pigs and cows enjoy a happy free ranging life, then go from our meadows straight to the local abattoir then back to us for butchering, and we sell the cuts in the farm shop and via our meat boxes – how's that for easy traceability?! We'll now be stocking fresh sausages and homecured bacon in the shop throughout the month, not just during meat week; and we'll be supplementing our own homemade sausages supplies with gorgeous free range bangers from The Bath Pig.

Why not try one of our scrummy monthly meat boxes: not only do you get top quality tasty meat, you'll also know exactly where that meat has come from; plus you can get it delivered to your door for free if you're local!

<b>Small Meat Box</b>	<b>£40</b>
<b>Medium Meat Box</b>	<b>£60</b>
<b>Large Meat Box</b>	<b>£80</b>

Check out example contents of the meat boxes on our website to give you a rough idea of what's coming up next week. [www.purtonhouseorganics.co.uk](http://www.purtonhouseorganics.co.uk)

Purton  
Farm Shop



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

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