



# May 2013 Newsletter Award Winners!

As many of you know (because we keep telling everyone we meet), we won the award that we were nominated for this month! We were in the running for Wiltshire Wildlife Trust's Corporate Green Award for Environmental Land Management, Conservation or Food Production; and were very chuffed to win our group – and collect our award in our nice tidy farm gear! We think the award reflects the good work that we do as part of being organic growers: looking after biodiversity and wildlife above and below ground is all part of our holistic growing system. It's great to have that work recognised; and shows that there is a lot more to growing and farming than simply producing ever higher yields. A healthy farm should have lots of different species living on and around it; and it will be a resilient farm when it comes to adverse weather and other challenges.



## Spring Sowings

We have just planted out peppers, tomatoes and cucumbers in our polytunnels, and have drilled parsnips and carrots outside too. We have also started planting onions (although we're a bit late!), drilled beetroot, swede, spinach, radish, turnips and spring onions outside.



We've also been planting out lettuces, and celeriac is also being planted this week, as well as celery in tunnel. We've been having a bit of a last-minute seed sowing panic, and have only just sown our squash and pumpkins! They should come along nicely in the sun though. It's all go; phew!

## £25 Weekly BBQ Meat Boxes

We now have fresh organic meat available every week in the farm shop, not just during our usual monthly meat box week. We are still delivering the usual small, medium and large meat boxes at the end of each month; but during the summer we're also offering fantastic value £25 BBQ meat boxes every week, ideal for an impromptu barbecue or indoor quick supper under the grill or griddle pan. As well as burgers, sausages, chicken wings and drumsticks, there will also be cubed lamb or beef which is perfect for making your own delicious kebabs. Order one now and make the most of the sun!

## Food Festival

Thanks to everyone who came along to our festival at the beginning of May, which was a great success. We were very lucky with the weather and had a steady stream of people enjoying the shop, attractions and samples from our 30+ local suppliers. New lines include Ray's Ice Cream from Swindon, who now supply us with small and large yummy tubs in a range of flavours; Olives 'n Stuff from Bromham use local ingredients to make their range of dressings and marinades; Cheddar Gorge Cheese, 'the only cheddar made in Cheddar' whose delicious cheese straws sold out in hours at the event (more coming soon!). And look out for Hayley Wilson's preserves, homemade in Swindon but with roots in Wales – she might make us some Welsh cakes as well if we're good!

## New Arrival

Meet our latest farm dog: Loopy! And his name is pretty apt; Rowie named him after what her parents-in-law used to call her husband Alex when he was little; he couldn't say his name properly, so 'Loopy' stuck! Loopy is a 12-week old Maremma Italian sheepdog and super cute; say hi if you see him around!



*The farmer: Rowie Meers*

# Baked Mustardy Chicory & Chicken

*Chicory is a quite bitter 'cleansing' vegetable when used raw in salads (a great foil for other flavours and leaves); but when baked like this it becomes sweet and gorgeous, and the perfect way to cut through the rich creamy sauce. Serve with some lightly steamed greens, or a fresh side salad. You could also try other veg such as cauliflower this way too.*

## Serves 4

- 3 heads white chicory
- 1 tbs olive oil
- 3 tbs white wine/chicken stock
- 4 chicken breasts, in strips
- 50g butter
- 1 small onion, finely chopped
- 1 fresh garlic stem or clove, chopped
- 1 tbs plain flour
- 300ml milk
- 150ml crème fraîche/sour cream
- 4-6 sage leaves, chopped
- 4-6 tsp grainy mustard
- 50g grated Gruyère



Preheat the oven to 200C. Cut the trimmed chicory lengthways into quarters and place in a baking dish with the oil, cut-side up. Add the wine or stock and cover with foil; bake for 10 minutes. Season the chicken and cook in half the butter heated in a large frying pan for five minutes, until golden. Add the onions and garlic for a minute, then add the contents to the chicory and leave to rest, covered. Melt the rest of butter for the sauce in the pan and stir in the flour. Slowly drizzle in the milk, stirring, and heat, stirring, until thick. Take off the heat and stir in the crème fraîche or cream, sage and mustard. Season to taste. Pour over the chicory and sprinkle the cheese on top. Bake uncovered for 30 minutes until bubbling and golden brown on top.



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# Ultimate Spring Salad

*There's something a bit magical about the combination of salty feta or other soft cheese, earthy beetroot, and fresh sweet beans and cucumber: they are a perfect combination which satisfies every point on the tastebuds. For a heartier meal, douse in extra olive oil, add some olives, thinly sliced onions, pepper and chicory, tomatoes, a few rinsed kidney or butter beans, and mop up the juices with hunks of crusty bread. Add torn fresh herbs such as parsley or basil if you have them too. Gurt lush.*

## Serves 2

1 pack feta cheese  
3 medium beetroots  
handful French beans  
½ long cucumber  
large handful salad leaves  
pinch sea salt  
2 good glugs olive oil  
squeeze lemon juice  
pinch chopped oregano  
pinch cracked black pepper



SXC

Boil the beetroot with the tops and tails on for 15-20 minutes, or until tender (you can also use the beetroot grated raw instead of cooking if you prefer). Drain and cool before top and tailing, and peeling if desired, and cut into chunks. Top and tail the beans, and cut into pieces an inch or so long. Chop the cucumber into chunks, and mix with the beans and chopped or grated beetroot. Place on top of the rinsed salad leaves, and crumble the feta over the top. Cover in olive oil and lemon juice, and sprinkle the salt, pepper and oregano over the top. Enjoy!



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