

Asparagus & Courgette Penne

The UK asparagus season started very late this year, because of one of the coldest springs on record: this delicacy is well worth the wait however! If you manage not to scoff it all at once – just lightly steamed or griddled with some butter, or dipped in hollandaise sauce – then try out this yummy recipe. It adds a touch of sophistication (and booze!) to an easy midweek pasta dish.

Serves 4

- 2 courgettes, 1 diced & 1 grated
- 3 fresh garlic stems/garlic cloves
- 1 bunch asparagus
- 1 tbsp olive oil
- 1 onion, diced
- 1 glass white wine
- 2 tsp capers, chopped
- 1 lemon, zested
- 350g penne pasta, al dente
- handful flat-leaf parsley
- 2 handfuls grated Parmesan cheese
- salt & cracked black pepper



SXC

Heat the oil in a large frying pan; cook the onion with a pinch of salt over a low heat for a few minutes or until softened. Add the courgettes and cook for 10 minutes or until they are soft and have released some of their water. Add the sliced fresh garlic or crushed stored garlic cloves, and asparagus cut into thirds, then turn up the heat. Stir in the wine, bring to the boil then simmer for a few minutes. When the asparagus is soft, add the capers and lemon zest. Pour over the cooked and drained penne (keeping in a little drizzle of pasta cooking water) and toss well; add the chopped parsley and serve with grated Parmesan and cracked black pepper. Enjoy a fresh green salad and some salted sliced tomatoes on the side.



Tel: 01793 772287
info@purtonhouseorganics.co.uk
www.purtonhouseorganics.co.uk

© K Collyns

This week we love... Bulk buys!

Having created a one-stop shop for local and organic food, we now want to help with weekly shopping bills to encourage you to buy more from us rather than the supermarkets! We constantly strive to keep our prices as low as possible, and now we can offer further savings on some staple store cupboard goods when you buy them by the case in the shop (sorry, special bulk prices not available for delivery, collection from the shop only). So far we have come up with the following offers when you buy a whole case of something:

<u>Item</u>	<u>Price</u>	<u>No./Case</u>	<u>Price/Case</u>	<u>Saving/Case</u>
Tinned Organic Tomatoes 400g	60p	12	£6.20	£1
Organic Baked Beans 420g	£1.09	12	£11.99	£1.09
Organic Pasta: white spaghetti, fusili, tortiglioni or penne	£1.25	6	£6.50	£1
Classic Organic Muesli 1kg	£3.50	6	£18	£3
Toilet Rolls pack 4 (recycled)	£2.44	10	£21.96	£2.44

We'd like to extend these offers to more items, so if there is anything else you would like to buy in cases, please let us know and we'll see what we can do!

Purton
Farm Shop



From our land to your hand

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

Purton Farm Shop
Church End, Purton SN5 4EB
Tel: 01793 772287