



June 2013 Newsletter

Bring On The Summer

Phew, we have now finally drilled all our carrots and parsnips on ridges, to (hopefully) make keeping on top of weeds a bit easier! We've also started putting in the next lot of brassicas via Dave and Rally sitting on the planter on the back of the tractor, dropping the plants down carefully into the furrows made by the boards in front of their seats. We will be also be drilling our maincrop beetroot this week with the Stanhay ridging-and-drilling machine on the tractor, and have also just drilled some swede that way. The potatoes are starting to come through well now, but are still a bit small – the cold start to the season is still taking its toll, although hopefully in a month or so everything will pretty much have caught up. The tomatoes and peppers are all growing nicely in the polytunnels, and we have just planted the squash and pumpkins up at Manor Hill – fingers crossed that they will like it up there! After this planting spree however will come a major weeding push.

We have just rejoined WWOOF, so we're hope to get some willing workers soon staying with us for the summer; if you fancy volunteering for a fun weeding day, let us know!

More Pigs!

Meet our latest piggies: they are Duroc X Large Whites, and very inquisitive! They are keen to meet people, and would love to see you at our next Open Day on the farm – we're planning a mini festival on 14th-15th September for Organic Fortnight. This free event will feature live music, a bar and food tastings: watch out for more info in our next newsletter!



Summer Veg Boxes

The school summer holidays are nearly here, and if you are going away we'll keep our fingers crossed for some sun! At this time of year our veg is really starting to get going; and there will be loads to choose from. Rather than cancelling your box while you're away, why not give it to a neighbour or friend to say thanks for feeding the cat or watering the plants? If you'd like to send your box to a different local address for a week or too, just let us know. Veg boxes also make fantastic presents: not only is the food fabulous, it also saves your chums having to go out and worry about getting the shopping done.

As well as our usual veg and fruit boxes, we also offer special **Office Fruit Boxes**, crammed with ready-to-eat fruit, perfect for munching in the hot summer days (£11.50 each). We've also just started doing a yummy **Office Snack Box**, full of fruit, biscuits and other nibbly goodies in case you're feeling a bit naughty on a Friday, for just £17.50. Offices are also great Collection Points for other veg and fruit boxes; if you have several boxes delivered to your office, you'll get commission to say thanks for saving us petrol. You could always 'spend' this commission and get a free Office Fruit or Snack Box for all to enjoy, or some offices prefer to donate their commission to their nominated charities or other good causes – so everyone wins!

We're now delivering eggs, veg and meat every week to Haydonleigh Primary School kitchens, helping them to apply for the Food For Life Partnership awards. We've also entered the Soil Association **Best Box Scheme Award**: this will be judged in July, and the winners announced in September. If you'd like to say how great we are on our Facebook page, I'm sure it will all help!



The farmer: Rowie Meers

Caramelised Onion & Cabbage

Try a dreamy Ménage à trois this week: spring cabbage, onions, and bacon. You could simply fry or sauté them all up together; or try out some combinations cooked separately, and perhaps turned into a tasty tart. Cooking the onions gently for a longer time releases their natural sugars, and is the ideal way to enjoy them. If you don't eat bacon, you can also enjoy cabbage and onions with cheese (especially goat's cheese); and try cook the onions with balsamic vinegar or treacle for extra sweetness

Serves 2

2 large onions, cut into thin half rings
6 rashers bacon, snipped into pieces
1 spring cabbage, shredded
2-3 tbsp olive oil
pinch chilli
pinch ground nutmeg
salt & pepper to taste



In a skillet, wok or large pan, caramelize the onions in the oil gently on a low heat for around 20 minutes. Take the onions out and set aside in a bowl. Add the bacon pieces to the pan and fry on a medium heat until browned and the fat has started to melt. Throw in the cabbage, spices and onions, and mix well over a medium heat for about 10 minutes, until the cabbage has cooked. Season if needed. Serve with mashed potatoes or a potato salad, or simply on toast with some griddled tomatoes and mushrooms for an exciting and tasty weekend brunch.



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Beery BBQ Sausages

Well, while we obviously can't rely on the weather for ideal barbecue conditions, it's still a good idea in our opinion to have all the ingredients to hand, just in case! Try our own yummy organic sausages, which are in the meat boxes this week, and also available to buy in the farm shop (brilliant value). You could always have an indoor barbecue of course, under the grill; although if you are feeling brave and want to eat al fresco, you could try out these sausages poached in beer first, so they're really quick to cook on the fire outside just in case a shower comes trundling in. And perhaps the beer will encourage everyone not to mind anyway...

Serves 3-4

- 1 pack organic sausages
- 1 onion, thinly sliced
- ½ pint beer, as needed
- 1 tbsp vegetable oil
- 1 tbsp dark brown sugar



Prick each sausage a couple of times to prevent poaching explosions. Place the onion slices in the bottom of a shallow saucepan or frying pan with the oil; place the sausages on top and cover with the beer and top up with water until just covered. Gradually bring to a gentle boil and then to a simmer for a few minutes until the sausages are half-cooked. Scoop the sausages out and leave them to drain. When ready, grill or barbecue the sausages for a few minutes each until well browned. Meanwhile add a spoonful of dark sugar to the the beery mixture and boil until reduced to a thick oniony glaze. Drizzle over the sausages, and serve with mustard in buns and a light side salad.



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