



# July 2013 Newsletter

## The Turning Point?

Cripes, it really is summer – and what a summer so far! It's hard to imagine a more stark contrast to last year: our main job at the moment is keeping all the outside crops in the fields watered enough – just can't imagine saying that last July! Because of the poor harvest last year and slow start to spring in 2013, the price of veg everywhere has been very high for most of the year so far, which has sometimes meant that the veg boxes looked a little sparse compared to last autumn (although they are always good value of course, containing at least 10% more than if you bought the items individually). However, now we have a lot more of our own produce coming into season (potatoes, cucumbers, tomatoes, beetroot, beans, salads, kale...), which works out much cheaper than buying in veg from other local organic wholesalers, so our boxes are now super value, crammed full of our fresh summery goodies!

### Summer Heat

We have been trying to keep the crops that really desperately need rain well watered from the lake. Crops in the tunnels get watered this way automatically; but the fields further away are more difficult to get water to, and need a lot more of course because the area is so much larger. So we've been filling up the old hippo tank to spray from the back of the tractor. We've also been toiling in the fields to keep the weeds down, plus planting more batches of



lettuces, brassicas, leeks and squash. So far this summer is making up for the last two – or even five – wet seasons, so we're not going to grumble too much.

Our herbs are also coming on well, and we'll be including a **free pot** once a month in the Variety and Veg Lovers Boxes. Pots of basil and coriander are also available to buy or add to other boxes for just £1.25 each.

## Mini Festival 14th-15th September

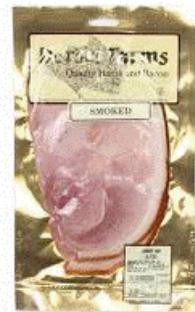
Don't forget to keep the 14th and 15th of September in your diaries, because that's when we're planning our mini festival to celebrate Organic Fortnight! As well as farm walks and the usual foodie stalls and tastings, we're planning some musical treats too, so keep that weekend free and watch this space!

## Summer BBQ Boxes

As well as the usual Small (£40), Medium (£60) and Large (£80) fresh mixed organic meat boxes available at the end of every month, during the summer we also have fresh meat every week in the farm shop, and available in BBQ Boxes (£25). These fabulous boxes are great boxes, and contain burgers, sausages, chicken wings and drumsticks, spare ribs and diced meat ideal for making homemade kebabs. Order one of these BBQ this (or any) week and make the most of this amazing barbecue summer!

## Free Range Farm Shop

The chillers have been finding it hard to keep up in the heat, so we've had to keep much of our chilled produce in the cold room for a few days. One thing we insist on in the shop is that all livestock must be truly free range – living the life of Riley, mostly out doors as Nature intended. Meat and eggs produced on our organic farm have the best free range standards possible, with a huge maximum grazing space per animal, plus shady trees to rest under. Paul's Pies also fits our free range ethics, and so does Dorset Farms, who provide our hams. We've been unable to get any Wiltshire ham delivered that's fully free range and available in large enough quantities, so Dorset it is for now! The free range ethos doesn't stop there either: we even go so far as to check our mayonnaise comes from free range chickens; and also have an organic version!



## Best Box Scheme Award

PS: we've been short-listed for the Soil Association Best Box Scheme Award! Please support us on our Facebook page, and keep your fingers crossed...

*The farmer: Rowie Meers*

# Glazed Baby Turnips

*Yum yum yum: sweet baby turnips are really delicious. You can grate them raw into a wide variety of salad mixes, or use them grated or thinly sliced in creamy coleslaws with onion and carrots (like a less spicy radish; pop some beetroot in too for a pretty raw food boost). You can also steam or roast them if you prefer, to bring out more of their natural sweetness. They are a brassicas, and similar to kohlrabi or swede (which are Swedish turnips); try steaming and serving with lots of butter with your Sunday roast – so tasty. Or this simple method of glazing makes them into a really special side dish. If you're still stuck for ideas, try out [www.turniprecipes.co.uk](http://www.turniprecipes.co.uk).*

## Serves 2-4

**1 bunch baby turnips with green tops**  
**handful baby carrots**  
**1½ tbsp unsalted butter**  
**½ tsp sugar**  
**salt & black pepper to taste**



SXC

Trim the baby turnips and carrots, leaving a few centimetres of green stems on, and scrub the carrots and turnips (you can also use larger turnips and carrots this way, simply cut into halves or batons). Bring a pan of water to the boil, and steam the carrots and turnips, covered, for six or seven minutes, until just tender. Drain and set aside. Melt the butter in a large skillet or wok, stir in the sugar and cook the cooled vegetables over a medium to low heat, stirring for a few minutes, until covered with the sweet butter. Season to taste and serve with an extra sprinkle of sugar or honey.



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# Chicken & Turnip Pasties

*These little savoury pasties are delicious hot or cold: if you have enough will power, you could cook up a batch and then save some to enjoy cold the next day for lunch or snacks. Sadly our will power is always lacking when it comes to these little gems and there are never any leftovers. They are also delicious made with chorizo, lamb, sausage or beef (you could use roast joint leftovers too); or try a veggie version with chunky cheese or halloumi. We make a big batch of various flavours, so there's something for everybody.*

## Makes 8 small pasties

450g strong white flour

100g margarine

11g lard

175ml water

1 onion, sliced

2 baby turnips, cubed

100g chicken breast, diced

150 potatoes, cubed

handful kale or chard, shredded

salt & black pepper



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Sift the flour and salt into a bowl. Cut off a quarter of the lard and rub into the flour. Cut the rest of the fat into cubes and mix into the flour. Pour the water in, then knead lightly until combined. Rest in the fridge for at least half an hour. Cut into eighths, and roll out each piece into small circles on a well-floured surface. Place the turnip and onions in a line across the centre of each circle, and season well. Add the chicken and rest of the vegetables. Dampen one side of each pastry circle, fold over and press firmly to make small semi circles. Crimp the seams, and make a small slit in the top of each with a sharp knife. Brush with a little more water, milk or egg and bake at 220C for 40 minutes (check after 20 minutes – if beginning to brown turn the heat down to 160C). Leave to cool before serving with a fresh green salad.



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