

Super Summer Detox Juice

We've been on the good old green juices again over the last couple of weeks: now that we've got so much more of our own produce coming through, we're popping it in everything – including drinks! Green leafy veg really is the best food in the world, so full of vitamins, minerals and anti-oxidants; but it can be difficult to scoff as much as we'd like, so juicing is an amazing way of filling yourself with pure health, freshness and delicious flavours. We tend to shove in whatever we have around: kale, chard, avocado, apple, lemon, cabbage, spinach, ginger, lettuce, parsley or basil, cucumber, courgette, pineapple, garlic, carrot, beetroot – although bear in mind that only a tiny bit of garlic, carrot and beetroot (and their leaves) goes a long way. This recipe is an amalgamation from those by Jason Vale (The Juice Master) and Joe Cross (Fat, Sick & Nearly Dead), and is a perfect pick-me-up for any time of the day. Find a basic whole fruit power juicer on-line from £50 to extract the most of the ingredients; or simply use a blender.

Makes a couple of glasses

6 large kale leaves or a bag of chard

1 large cucumber

2 celery sticks & any leaves

1 courgette

1 apple

½ lemon or lime

small piece fresh ginger (optional)

Rinse all the leaves and vegetables, and put through the juicer. If using a blender, core the apple and peel it and the ginger. Chop roughly with the leaves, celery, cucumber and courgette. Squeeze in the lemon juice and a splash of water, and blend well until smooth. Serve with some crushed ice and sprig of mint for a summery cooler.



Photo: gameanna/FreeDigitalImages.net



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

This week we love... Belvoir Fruit Drinks

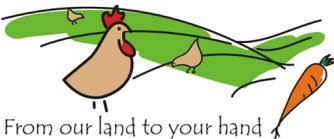
Yes, this week it's all about rehydration after the heat wave (and there are rumours of another hot spell still to come...), and enjoying some delicious drinks at the same time. While it's not quite as hot as it has been this week, we're still getting sunshine amidst the showers and warm temperatures, so I think summer is here for a bit longer. This week in the shop, we are promoting Belvoir Fruit Farms who produce delicious fruit cordials and pressés from fruit and flowers grown at the Belvoir Castle Estate in Lincolnshire. Using traditional methods, they make such delights as **Handmade Lemonade** with a hint of orange blossom, **Elderflower Pressé** (a firm favourite amongst our own farm staff!) and **Summer Punch**, a blend of all your favourite fruits.



For the next couple of weeks, **Summer Punch is on special offer at £2.07** (normal price £2.52), so put some ice in your freezer and dodge those showers to take a refreshing break on the patio!

Psst! We still have some of the special July offer **Libby Chan** cleaner in stock (£6 instead of £7.50) and one **Bokashi Compost** kit at £16 (normal price £20), so we'll hold the offer for one more week – get in quick!

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