



August 2013 Newsletter

Summer's Bounty

Our summer veg is really going for it now: August and September are the best harvest months for us, when we have a huge variety of produce to pick, from summery tomatoes, peppers and aubergines to more hearty staples such as carrots, potatoes and broccoli. Our cucumbers, beans and courgettes are still producing well and the sweetcorn (below) is nearly ready; we're really enjoying the abundance of produce to choose from when it comes to working out what to put in the veg boxes each week.

The last few weeks have seen us start to think about autumn and winter however (we do have to plan ahead, while trying to make the most of the season now as much as possible): we've started sowing our lovely spicy winter salad seeds in modules in our propagation tunnel, which will be ready in a few weeks to plant out in the polytunnels. So we've also started to clear out the tunnels that had spring and early summer crops in them which have finished now, ready to house the Oriental salads all winter, as well as lettuce, spring onions, spinach, chard and spring cabbages. We know that we've be very grateful for all of these once the frosts come and we can't get anything out of the ground outside!

Best Box Scheme Award

We've been short-listed for the Soil Association's Best Box Scheme Award, and the winner will be announced at a ceremony in London on September the 19th, eek! We're biting our (muddy) fingernails at the moment, and will be very nervous when we're sitting there on the 19th waiting for the winner to be announced: we'll be up against some stiff competition, with national box schemes



also in the running, who can take advantage of their swish marketing departments and huge turnover to really advertise themselves. We're hoping that our emphasis on fresh produce and local food will speak for itself: as well as supplying schools and other local shops and pubs with our veg and extras such as our meat and eggs, we employ local people and take on apprentices to help pass on knowledge about growing, and encourage others to start their own sustainable businesses. So please keep your fingers crossed for us on the 19th!

Organic Meat in the Farm Shop

We've had a few problems with our shop chillers over the summer, which has meant that we haven't been able to stock as much meat in the shop as we'd have liked, and that what we do have is back out of sight in our cold room, so not always on display. However, we think we've sorted those issues out now, so we'll be stocking up the shop from now on with lots of lovely fresh organic beef, chicken, pork, bacon and sausages; as well as the usual frozen cuts in the freezer. If you can't see what you're looking for, however, please do ask just in case it hasn't been restocked in the shop yet.

Farm Festival 14th-15th September

As you will probably have noticed by now, we have a festival on 14th-15th September! This free weekend promises to be a brilliant couple of days, and we're hoping for some good weather, while thinking up ways for it not to matter if it does pour down (we'll be out there dancing whatever!). We're putting on this festival in conjunction with Riff's Bar down the road, who will be supplying the licenced bar and fantastic music, with great local acts and tribute bands: you'll be sure to find someone to get your feet tapping! Plus we're having more lovely food tasters in the farm shop, demonstrations, market stalls, and plenty of kids' activities to keep them busy while you enjoy a sneaky cuppa and slice of cake, or cheeky tipple. We'll be running our popular farm walks too, so they can see exactly where their food comes from, and meet the animals along the way. So put the date in your diary, and see you there (mine's a pint)!



The farmer: Rowie Meers

Easy Beef & French Beans

This is a really simple Vietnamese recipe, perfect for those who might find some Oriental cuisine a little too adventurous. The flavours are plain and let the quality of the ingredients shine through; you can always spice things up with some ginger and chilli if you fancy it. While this is normally served with rice, there's nothing stopping you serving it with a hearty pile of buttery mashed potatoes, couscous or simply in a wrap for a tasty lunch. You could always use pork or chicken instead, or Quorn or tofu too; or add extra veg such as carrots, mushrooms, peppers or courgettes. If you don't have any stir-fry beef strips, thinly slice up some steak instead.

Serves 4

- 500g beef strips
- 300g French beans, washed & trimmed
- 1 clove garlic, finely chopped
- ¼ tsp white pepper
- 1 tsp cornflour
- 3 tbsp vegetable oil, divided
- ½ onion, thinly sliced
- 60ml stock
- 1 tsp soya sauce



SXC

Mix together the garlic, pepper, cornflour and a splash of vegetable oil. Add the beef and cover it well (this can be done a few hours in advance). Heat a couple of tablespoons of oil in a wok or large pan over a high heat for a minute, then add the beef and cook briskly, stirring, for about a couple of minutes until starting to brown. Scoop the beef out and set aside, then heat the rest of the oil in the wok. Add the onions and stir-fry until starting to turn translucent, then add the beans. Turn the heat down then add the stock and cook for five minutes, stirring occasionally until the beans start to become tender. Add the beef and soya sauce, and stir-fry for another couple of minutes. Serve with rice or potatoes.



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Purton
Farm Shop



Farm Festival

14th-15th September

Saturday 6-11pm & all day Sunday

Free entry

Live music, licensed bar, family activities

Camping £8/tent

PLUS Farm Open Day

Saturday-Sunday 10am-6pm

Farm walks & food tastings

Church End, Purton, SN5 4EB

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