



# The Fresh Foodie

*All the latest news & views from the farm*

## Brand new news!



What do you think of our new style of newsletter? We want as many customers to read it as possible, so you can keep up to date with the latest delivery info, as well as other events and ideas from here on the farm – so let us know your thoughts, and any news or recipes you think we should include here too (email [info@purtonhouseorganics.co.uk](mailto:info@purtonhouseorganics.co.uk)).

We're well and truly back in the swing of the usual (chilly!) routines now, and we've also started our annual exciting job of seed ordering – choosing which crops and varieties to try out this year. We're also looking into building some 'hot beds' soon: beds built on top of fresh composting manure that provide heat to the above bed as the manure below rots down; which give seeds and young plants a head-start in the chillier, darker months. Brr!

## Talk to us & win £20

Your feedback and thoughts about us are very important, and we want to know what we can do better. We'd really appreciate it if you would take part in our very quick survey over the next few weeks, to find out how we can improve, and which other products or services we can offer to keep our lovely customers happy. Please keep an eye out for emails from us, and then fill this in when you get a moment:

[www.emailmeform.com/builder/form/k9Ta2Dyop4](http://www.emailmeform.com/builder/form/k9Ta2Dyop4)

All completed feedback forms will go into that month's free prize draw for a £20 voucher to spend on veg and fruit in the farm shop, so it's worth the minute or two it takes to fill the survey in!

## Juicy Gossip

Our Juicing boxes (£10) are so popular at the moment: blending a fresh healthy juice is the best way to beat the January blues! Check out our website for some juicy recipes (anything with ginger is a winner), or chat to one of the guys in the farm shop for some top juicing tips. Give your immune system a treat this winter and get juicing!

**FRESH FROM THE FARM THIS MONTH** Potatoes, curly kale, mixed salad bags, leeks, cavolo nero, January King cabbage, Savoy cabbage, purple sprouting broccoli, celeriac

# NICE TO MEET YOU

*We'll be talking to one of the Purton House team each month, to find out why they are interested in food and growing (thanks for the idea, Marianne!). This month, there's something about Mandy*

Mandy Parsons is a long-standing Purton House customer, who now works in our shop for a few hours during the week, to help share her vast knowledge of veg and raw food. She says she already felt outside the 'normal' bracket aged five, when nobody else in her life had been put on a diet that young. Myriad useless diets followed, and she soon realised that a whole change of lifestyle was necessary in order to feel better.

"My change started so quietly, I hardly noticed it," says Mandy. "It didn't occur to me for ages that the answer was in a cookery book: the recipe that caught my eye was for a chocolate tart, whose description began 'The greenest and healthiest pie ever to taste so good'.

**"The side-effect of delicious raw dishes was the loss of 4 of the most stubborn stones of weight"**

Well, I burnt out a couple of normal blenders trying to mix nuts in things, before we invested in a monster one with a 2HP engine (no resistance from nuts



then!), and have never looked back. The interesting thing about all this for me was that, at the time I saw the book, my interest was just in feeling better. I felt old, achey, low in energy. The side-effects of learning to make savoury and sweet delicious raw dishes instead of cooked ones were the loss of four of the most stubborn stones of weight, a huge rise in energy and the loss of 28 other negative symptoms of ill health over the course of the next 24 months."

Ever since Mandy has been helping and encouraging others to deal with health issues and food sensitivities, and loves talking sharing recipes and techniques.

"I learned many things as I investigated the nutritional aspects of food," says Mandy. "Did you know that a pound in weight of seasonal lettuce outstrips a pound of beef for protein? Or that kale or sesame easily overtake milk for calcium? These days I laugh at the myths taken as truth about foods and am now enjoying the understanding of how our thinking contributes so hugely to health, too. Now it's not the food in my life that matters, but the life in my food!"

**TRY IT YOURSELF!** Raw Box (mostly veg) £12 Salad Box (mostly veg) £7.50  
Juicing Box (fruit & veg) £10 Small Fruit Box £7.50 Large Fruit Box £11

# Mandy's Chinese-Style Raw Veg

*Although it's hailing icicles down at the moment (or is that just what it feels like?), you can still warm up with some delicious raw food – and feel fantastic too. Mix this versatile dressing with your favourite raw veggies, or use as a stir-fry sauce, and chuck in whatever ingredients you fancy!*

## Serves 2-4

- 1 thumb-size piece ginger, finely grated
- 1 medium clove garlic, finely crushed
- 2½ tsp toasted sesame oil (& a tsp raw tahini can add flavour to an all-raw recipe)
- 1 tsp miso/soy/tamari sauce
- 1-2 pinches chilli powder
- ½ large lemon, juiced
- 1 tsp honey (raw or regular), or ½ tsp xylitol, 2-3 drops stevia, 1 tsp coconut palm/muscovado sugar, or ½ tsp maple syrup)
- ¼ to ½ tsp chinese 5-spice (optional)
- 2 carrots, finely sliced
- 1 fennel bulb, finely sliced
- ½ white/red cabbage, finely shredded
- 2 handfuls kale, finely shredded
- 2 handfuls broccoli pulled into florets & stalks finely sliced



Blend all the dressing ingredients together (check and adjust to taste as you go). Pour over the finely shredded or peeler-cut veg and add raw sprouts if liked (mung beans, chickpea or alfalfa sprouts), raw or toasted cashews, pistachios or sliced almonds. The sauce is enough to coat two level cereal bowls-worth of veg; if you need to multiply ingredients, just add an extra half of the amount of oil, adding more only if you feel you need it. Enjoy!



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# Chicken with Fennel & Chorizo

*Oh la la! Rowie took a trip to The France Show 2014 at Earls Court last week, and fell in love with this recipe by Guy Wolley. We still stock the Bath Pig chorizo in the farm shop, so pop in and stock up; plus we're hoping to source even more local cured meats including chorizo very soon – keep your eyes and ears peeled! If you know of a local produce who should appear in our shop, please let us know. Meanwhile warm up with this cosy and tasty recipe, perfect for keeping the sleety cold nastiness outside. Bon appétit!*

## Serves 4

4 chicken breasts, skin on  
drizzle olive oil (optional)  
2 fennel bulbs, finely sliced  
1 large onion, chopped  
2 cloves garlic, crushed  
1 tsp fennel seeds  
100g chorizo, sliced  
12 cherry tomatoes  
large glass dry white wine  
handful chopped parsley  
salt & black pepper



In a hot pan or grill pan, seal the chicken breasts with the drizzle of oil (you may not need the oil if you leave the skins on) for a couple of minutes each side, to give the skins a good colour; then set aside. Fry the chorizo slices in a heavy pan over a medium heat for 30 seconds; then add the chopped onions, sliced fennel, crushed garlic and cook for about three minutes. Add the fennel seeds, tomatoes and the wine, then place the chicken on top, put the lid on and cook on a low heat for 15 minutes, or until the chicken juices run clear. Top with a handful of parsley, season to taste, and serve (delicious with pasta).



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