



The Fresh Foodie

All the latest news & views from the farm

Wind trouble



We're enjoying this brief sunny respite after the dreadful storms that have been bashing us continuously since the dawn of time (that's just what it feels like). We got off lightly compared to some of course; but we are having to reskin the small tunnels since the plastic got slashed by flying debris last week.

We've turned our back on the weather for the moment anyway, and have now sown our peppers, chillies and tomatoes – which means that spring really must be on the way! The trays of seeds are now warming up nicely in the greenhouse, and the heated mats underneath mean that germination should be good, and speedy too. Now it's just a case of tidying up round the tunnels, and making sure they're all ready for the next round of crops...

£20 voucher winner!

Congratulations to **Deborah Harthen**, who is this month's winner of our feedback form prize draw! Thank you to everyone who has completed our quick online survey, we've found them very useful; they will also be entered into the next prize draw. If you haven't sent your feedback in yet, please do take a minute to do so: www.emailmeform.com/builder/form/k9Ta2Dyop4

Pancake Day: 4th March

Stock up on milk, flour and eggs this week for pancakes next Tuesday! Don't forget lemon, honey, syrup, sugar, chocolate spread, bananas and Ray's Ice Cream too. We've now got a proper ice cream freezer in the shop, and will have large tubs in stock next week. Let us know if there are any flavours you want: there'll definitely be Kate Robinson's favourite (blackcurrant), vanilla, chocolate, strawberry and Turkish Delight. The extra freezer space will also mean more stocking room for spare bread, cakes from Delicious Delights, plus Paul's Pies and sausage rolls.



NICE TO MEET YOU

Introducing a face familiar to many customers: this month, find out more about our dedicated delivery driver

Roger Hester

Our Roger started working at Purton House back in August 1995: things were a bit different then, mostly egg deliveries and very few veg boxes, and there have been lots of different faces coming and going over the years.

“My primary role here is as van delivery driver,” says Roger, “but I have been known to pack eggs and the odd veg box on occasion. Talking about deliveries, many thanks to all of you who return your boxes wrapped in bin liners nice and dry – I can leave your new box in the dry then too, a winner all round.”

Roger loves a good Sunday roast, cauliflower cheese or his wife’s seafood pizza: “take an ordinary plain pizza and



then pile it up with tuna, pilchards, seafood sticks and sometimes salmon,” Roger explains happily, “then top it off with extra cheese – yummy yummy!”

“I have been married to my darling long-suffering gorgeous wife Sybil for 34 years, and we have two grown-up sons, Luke and Daniel. When not delivering boxes, my hobbies are many and varied: from breeding Fife canaries, attending livestock or air shows in the summer or reading, to flirting with the ladies – as long as they don’t mind!”

Food with real provenance

It’s been a year since the Horsegate scandal, and our customers are more interested than ever in where their food comes from. Fortunately with our organic meat, you can see how our animals are reared, what they are fed, and ask any questions you like. If you’ve not tried our fantastic meat boxes yet, give them a go! Our monthly boxes contain a beautiful selection of our own beef and pork, local organic chicken and also lamb when available. We can accommodate your likes and dislikes too; just let us know!



ORGANIC MEAT BOXES Small £40 Medium £60 Large £80

Bespoke meat boxes available (choose your own cuts eg bacon, mince, sausages, whole chicken...)

Pot Roast & Red Russian Kale

The weather is making us feel a bit inbetweeny; wintery one minute, springy the next. So one meal that covers all bases is a nice easy pot roast, that you can leave simmering and infusing for a few hours in the oven or slow-cooker, just in case the sun comes out for long enough to get out in the garden or do some jobs. You can use chicken, pork or lamb joints in this recipe; and whatever herbs you fancy too.

Serves 6-8

- 1 medium beef joint topside/silverside/rib
- 2 tbsp olive oil
- 2 medium onions, sliced
- 2 medium carrots, peeled & sliced
- 2 stalks celery & leaves, chopped
- 2 handfuls mushrooms, sliced
- 4 cloves garlic, peeled & crushed
- 1 tin plum tomatoes, chopped
- good splash water
- 2 bay leaves
- 1 handful thyme, chopped
- pinch sea salt & freshly ground black pepper
- 6-8 handfuls kale, shredded



Heat the olive oil in a large pan over medium-high heat. Once the oil is hot, add the beef joint and brown well on all sides. Remove from the heat and set aside. Mix all of the ingredients except the kale together in a large casserole dish or slow cooker, and place the browned beef on top. Cover and cook in a preheated oven at 150C (or High in the slow cooker), for four to five hours (check the tenderness periodically). Around 20 minutes before serving, stir in the kale, cover again and cook until the leaves have wilted. Serve with a pile of buttery mash or some fresh crusty bread.



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Juice It Up!

Rowie's just got back from her Juicy Oasis retreat in Portugal – and looks fab! She's been keeping up the juicing here too; here are a couple of her favourites to get going in the morning. For more juicing recipes and motivation, check out Jason Vale's website www.juicemaster.com. Making your mouth water? Order one of our delicious and healthy Juicing Boxes, just £10 each!

Ginger Espresso

- 1 apple
- 2cm chunk ginger
- ½ lemon

Juice the lot, and down the juice in one go like an espresso – ideal for a pick-me-up! It's a natural antihistamine juice: try one every morning for at least four weeks before your pollen season starts, and every day during the season.



SXC

Ceetroot & Barrot Juice

- ½ beetroot
- 2 small carrots/1 large
- 2 apples
- 1 small parsnip
- ¼ lemon

So tangy, you'll get your tongue in a twist! Juice all the ingredients, and pour over crushed ice. This juice is packed full of so many nutrients, vitamins and trace elements, it's a perfect all-rounder. Plus the beetroot and carrots are surprisingly sweet, so it won't feel too 'veggie' to drink like a nice sweet treat.



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