

Sweet Sweet (Potato) Lovin'

We love all our customers, so happy Valentine's Day! These chilly nights and damp days are making us hanker after warming and comforting meals, that are still healthy and easy: enter sweet potatoes! They are very versatile, and can be used instead of normal spuds, or squashes; perfect in curries and tagines, baked, roasted, jacketed, mashed... For a really cheesy Valentine's Day, try this delicious bake with Cheddar or Parmesan on top; you can also add mushrooms for a romantic meal that's tasty and filling without being too stodgy.

Serves 4

300ml cream

1 garlic clove, crushed

2 sprigs thyme/rosemary

2 handfuls chard leaves & stems

freshly grated nutmeg

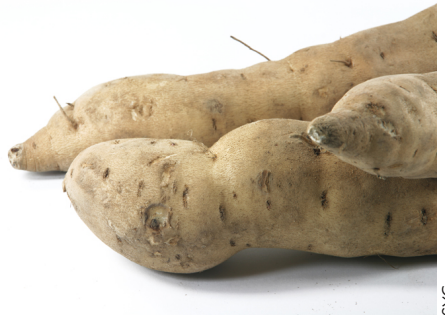
3 sweet potatoes, peeled & thinly sliced

knob of butter

handful stale breadcrumbs (optional)

good handful grated Cheddar/Parmesan

sea salt & cracked black pepper



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Preheat the oven to 200C. Put the cream, garlic and herbs into a small pan and heat slowly; just before it boils turn off the heat, season and leave to infuse. Cut the larger stems off the chard and slice into pieces; steam or boil for a few minutes, then add the rest of the shredded leaves. Steam for a minute, then drain well. Grease an ovenproof dish with butter and spread half the sweet potato across the bottom; add the chard, season and grate some nutmeg over the top; then place the remaining potato over it. Pour the cream mixture over it all, then sprinkle the cheese mixed with the breadcrumbs on top, and another grate of black pepper. Bake for 45 minutes until golden and bubbling.



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This Week We Love... Sweet Treats!

While we don't really go too mad for Valentine's Day (you should show everyone that you love them all year-round, not just one day a year right?), we do think it's a good excuse to enjoy a few naughty (organic) treats, and maybe a cheeky little drink or two too! Some of our staff have hidden talents and Kate Henery who (wo)man's the shop on Thursday and Friday mornings is no



exception. She has produced some fabulous fudge just in time for Valentine's Day. There are three flavours to choose from: walnut, orange or raspberry; all in the shape of hearts and presented in beautiful gift packs. At £3 for six generous portions, they won't break the bank; but hurry because they'll soon go!



We have also re-stocked Monty Bojangle's truffles (£2.45/box), and our new lines of Montezuma chocolates are going down a treat as well. We have their popular Very Dark as well as Orange & Geranium flavours in stock; but if you want to spice it up a bit this Valentine's Day, how about their Chilli & Lime, or a bar from our range of Devon Chilli Farm Chilli Chocolate? These will also help keep the cold out too!

Purton
Farm Shop



From our land to your hand

Farm shop open Tues-Sun

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