



The Fresh Foodie

All the latest news & views from the farm

Easter Hunt Fun



Our Easter egg hunt on 12th April went very well (thanks **Jon Richards** for this great pic of niece Megan!) – it was lovely to meet so many of you, and see all the kids having fun tracking down the clues and finding magic eggs at the end! We all had a great time, and were really lucky with the fine weather too.

Talking of weather, two weeks of lovely sunshine has meant that we've been able to recover a bit after the endless rain of the winter; and we also managed to get some soil cultivated and some crops put in before the rain came again: potatoes, onions and broad beans are in now.

We're looking forward to our next events too: we're planning a summery music festival in July; and another farm walk/open day to coincide with Organic Fortnight in September. Don't forget to follow us on Facebook and Twitter for the latest event info and gossip!

New Arrival Due...

Our regular farm shop customers will have noticed Maisie in the field next to the car park, the cute new Shetland mare who belongs



to the family of Jo our delivery driver. Recently we've discovered that she is expecting a foal any day now! It's all very exciting, and a surprise to Jo and Mandy, since they had no idea when they bought her! We can't wait to meet the foal, and look forward to taking it's picture for the next newsletter...

Bonza Beef Box!

Try out one of our new yummy organic beef boxes, for just £45! These great monthly



boxes will contain a variety of our own organic beef, and are really fantastic value. This month the boxes include a roasting joint, steaks, packs of mince and stir fry strips plus stewing/braising pieces – try out the stew overleaf!

FRESH FROM OUR FARM THIS MONTH Lettuce, broad beans, mixed salad bags, chard, fresh garlic, spring onions, spring cabbage, leeks, eggs, beef, pork

NICE TO MEET YOU

Introducing ex-apprentice and now office/vegshed worker **Kate Collyns**

Many long-standing customers will be know about Kate: she started her Soil Association horticultural apprenticeship with us back in 2008 and spent two years working on various jobs around the farm; collecting chicken eggs and picking, sowing, weeding, driving tractors and planning rotations. She went part-time with us in 2010 to set up her own business near Bath, Grown Green @ Hartley Farm; and now comes in to the office on a Tuesday, and helps pack veg boxes on some Wednesdays. (If you need to make a change to your order, give her a ring or email before midday on Tuesday of your delivery week.)

She also wrote *Gardening For Profit: From Home Plot to Market Garden* (Green Books, £9.99) which was published last October, explaining how to set up a market garden



business; and we're proud to stock it in the farm shop.

"I love everything about growing veg, salad and herbs," she explains. "My favourite time of year isn't harvest time at all, but spring – all that potential as each seed or transplant goes in the ground!"

Her favourite recipe is probably "something with pasta, preferably lots of balsamic roasted veggies"; her favourite vegetable is potato (or kale, tomato, onion, spinach...); and she never stops thinking about food...

Hungry Gap Time!

We're well into the Hungry Gap now: that difficult change-over time in spring, when the winter's crops have finished, but there isn't much around to harvest yet – so we tend to buy in some crops from other organic farms, as locally as possible, with some things only available from overseas. Our own courgettes and tomatoes are still just seedlings after all! The plants in the greenhouse and module tunnels have loved all this warm weather though (can you believe it was hailing in April last year?!); so hopefully it won't be too long before we're inundated with our own produce!



ORGANIC MEAT BOXES Small £40 Medium £60 Large £80 NEW Beef Box £45
Bespoke boxes also available – order your own favourite chicken, beef & pork cuts

Mediterranean Beef & Courgette Stew

This dish is lovely and simple – perfect for recovering after a hectic Easter weekend! Don't worry if you don't get a regular meat box from us – we're now stocking more meat weekly in the shop, to keep you going between our usual meat weeks (which fall on the last Thursday of each month). Try this yummy stew with any veg you fancy (cauliflower fritters are great), to give you a taste of summery flavours. Or serve with spaghetti and Parmesan for a super special spag bowl! Don't forget that you can order any extras such as tinned tomatoes, garlic, oil, olives, herbs, stock or flour from us too – just ask!

Serves 2-4

- 500g stewing steak
- large handful plain flour
- 2-3 tbsp olive oil
- 1 large sweet pepper, deseeded & sliced
- 1 onion, peeled & sliced
- 2 courgettes, halved & sliced
- 2 handfuls pitted olives
- 2-3 cloves garlic/stems fresh garlic
- 1 tin chopped tomatoes
- 200ml stock
- splash red wine
- 1 bay leaf & pinch thyme
- salt & black pepper



Season the flour and toss the beef in it to coat. In a large hob stew pot, heat the oil and brown the beef in batches. Scoop out and set aside. Add more oil to the pot if necessary, then sauté the pepper, onion and garlic for a few minutes. Add the beef back to the pot, together with the tomatoes, stock, red wine and herbs; ensure the beef is covered with liquid. Stir well, then simmer for 30-45 minutes with the lid on, until the beef is tender. Add the chopped courgettes and olives, and simmer, covered, for another 10 minutes. Take out the bay leaf, and serve with pasta or jacket potatoes and a grate of cheese.



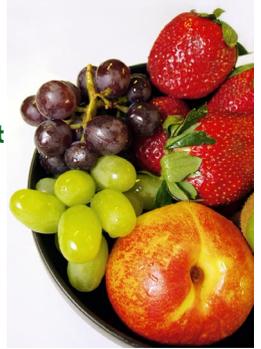
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Forget 5-a-day: try 10-a-day!

What a surprise: eating up to five portions of veg or fruit a day isn't enough to stay healthy. Scientists have said that the UK has stuck with the 5-a-day message – despite studies suggesting that eating up to 10 portions is essential – because they don't think Brits will manage more than that. Pah! You can make 10-a-day very easily achievable, especially if you are into juicing or love raw salads.

Just add a **Raw box (£12)**, **Juicing box (£10)** or **Fruit box (small £7.50/large £11)** to your order! These boxes can be delivered with your normal box (or on their own); taking the hassle out of choosing what fruit or veg you want (although you can always let us know if there's something you definitely do or don't want in there), giving you the best and freshest local and organic seasonal produce.

Alternatively, if you enjoy choosing items each week, we also offer a range fresh fruit and veggies which you can add individually to your regular box; or make up a bespoke order. Check out our online ordering service now, call or email us for more info!



Juicing Box £10

15-20 portions fruit/veg

This week the box includes:
carrots, apples, lemon, pears,
cucumber, chard, celery, beetroot

Large Fruit £11

16-25 portions fruit

This week includes: apples,
bananas, oranges, pears,
clementines, kiwis, oranges

Raw Box £12

16-25 portions fruit/veg

This week includes: tomatoes,
avocado, cauliflower, cucumber,
lettuce, chard, courgette, celery

Super Juice Me!

If you need healthy inspiration, The **Juice Master Jason Vale** is launching his new documentary *Super Juice Me!* on Saturday 26th April. Rowie is going to the premiere at the Odeon in Leicester Square and is really looking forward to the juicing revolution! The film will also be available to watch free on Sunday 27th as part of Super Juice Me Sunday, so throw a juicing party and join in!

www.superjuiceme.com



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