



The Fresh Foodie

All the latest news & views from the farm

Spring into Summer



Our propagating tunnel is simply heaving with plants! We've put plenty of transplants out in the polytunnels and fields already (lettuces, brassicas, courgettes...) but our early beetroot has been attacked by rabbits and slugs! We've just sown another lot, and hope to get our carrots and parsnips in this week too. The potatoes are up and so are the outdoor broad beans – the tunnel broad beans are being picked this week, plus we have some lovely fresh onions ready to harvest for our veg boxes. The tomatoes are coming along well; we can't wait to start harvesting these, hopefully next month!

Soon we'll be getting a second-hand Haygrove multispan polytunnel, so we should have lots of space for even more indoor crops. With more unpredictable weather patterns emerging, indoor space is more valuable than ever!

Meet Ruby Tuesday!



A big welcome to our newest arrival, Ruby (she was born on a Tuesday!). Mum Maisie is doing well, and gave birth with no problems – Ruby just appeared on Tuesday morning a few weeks ago! They are in the field near the farm shop car park, so pop over and say hello next time you're passing.

Organic Duck Eggs

We are now selling local organic free range duck eggs; as well as being huge, they're deliciously



rich and tasty! Try a box with your next veg or meat delivery, just £2.25 for a box of 6 eggs. Call or email us now to add one to your order!

NICE TO MEET YOU

Introducing Farm Shop manager & long-time customer **Kate Robinson**

"I want children to inherit a healthy planet and also one that's worth living in. So as well as having passion for local food, I like small businesses which have their own character and can offer alternatives. However, I didn't quite realise how much work was involved in running a shop or a small business when we started three years ago! But I love working at Purton House – we have a team of great creative individuals.

"I've had a veg box from Purton House for about 12 years. How to use vegetables creatively is a learning curve, but the box recipes have never let us down yet (apart from a typo once about cayenne pepper!).

"My two teenage children, Rosie and Paddy, are roped in to help. Along



with some other local and Purton House teenagers, family and farm workers, they've helped get the shop business going.

"We already have 30 local suppliers, and we want to encourage more to start supplying or to set up a business. The farm provides a fantastic setting where I hope people will come to chill out, find out about their food and discover a healthy way of living."

Give A Gift Box!

Stuck for an interesting birthday present, get well soon or thank you gift? Then send a gift box from Purton House! We can make custom gift boxes to order and include a personal message: simply tell us what you want to spend and the kinds of things you'd like (fresh organic fruit, chocolates, biscuits, jams, olives, tea, cheese...); and we'll do the rest! Delivery is free to Swindon, Cricklade, Marlborough, Wroughton, Cirencester and Purton, plus many villages in between – so drop us a line now!



Spring Sausage & Mash

One of our lovely shop customers was chatting to Rowie about the many uses of our fresh garlic stems last week, and confided to her that his favourite dinner was to fry up some sausage meat with some fresh garlic and serve it with a pile of mashed potatoes. Well, this got us thinking; why not include even more veg and make it even more exciting?! Rally is planning on making more gluten-free sausages too, so let us know if you'd prefer those; as well as during our regular meat week, we hope to have sausages and bacon available throughout the month. We also sell tofu sausages in the farm shop.

Serves 2

- 1 pack of sausage meat/sausages taken out of their skins & sliced
- 1-2 stems fresh garlic, sliced
- 500g potatoes
- handful asparagus stems
- 2 good handfuls cabbage leaves, sliced
- handful mushrooms, chopped
- 20g butter
- 1-2 tsp coarse mustard
- 1 tbsp olive oil



Peel and chop the potatoes and bring to the boil in a pan of water; simmer until tender. Meanwhile roll the sausage meat into small balls, or slice up the skinless sausages. Heat the oil in a large pan or wok, and fry the sausage pieces until cooked. Add the fresh garlic slices, thinly sliced cabbage and sliced asparagus, and stir-fry for a few minutes until the vegetables are tender. Drain and mash the potatoes with the butter, and mash in the mustard. Serve with the sausage and vegetables, with some hollandaise sauce on the side for extra indulgence. (NB once you've tried making a hollandaise with our organic eggs, you'll be an addict!)



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Summer Open Days @ Purton House

26th-27th July

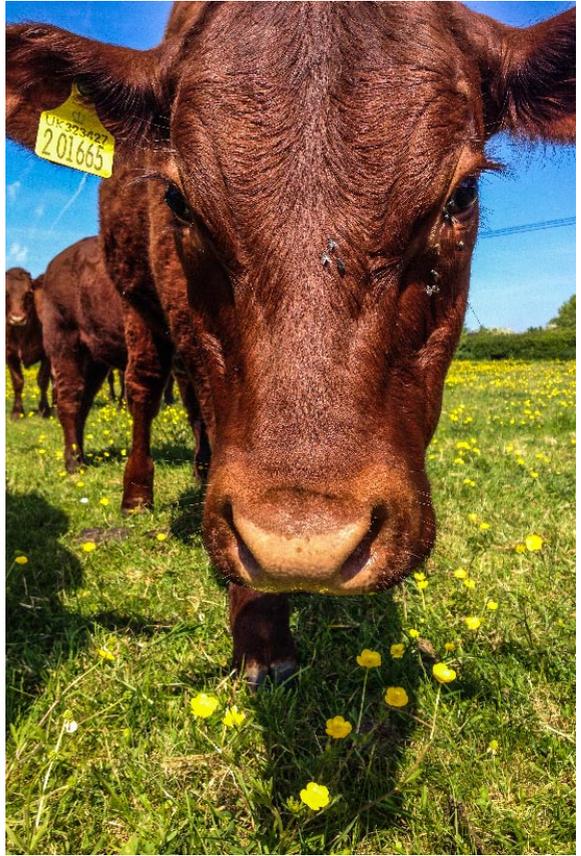
Farm Festival

Come down to the farm & enjoy live music, camping, good food and good booze! Held in conjunction with Riffs Bar, tickets & camping can be booked in advance – check our website and Facebook page for details.

6th/13th September

Farm Open Day

Date to be confirmed – watch this space! Free event to celebrate Organic September, featuring farm walks, farm shop food tasters, meet the animals & more...



Meat Box Delivery Weeks 2014

NB these dates are subject to change – please check your newsletters for the latest news about our delivery weeks

May 28th-30th

June 25th-27th

July 30th-Aug 1st

August 27th-29th

September 24th-26th

October 29th-31st

November 26th-28th

December tbc