

Oct 2014



The Fresh Foodie

All the latest news & views from the farm



Harvest Time

This warm September has meant a good harvest for us so far – on top of the great summer, so we're feeling very lucky. We have lifted half of our huge onions and they are drying nicely in an empty polytunnel; and the first lot of winter salads are growing away well too. The tunnels are still full of peppers, tomatoes, chillies and aubergines, although the cucumbers and courgettes are starting to slow down now – then it will really feel like the end of summer. Our green manures have got off to a good start, and we'll be sowing the rest later this week.

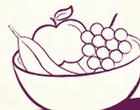
Local florists Rosemarie and Claire will be growing their lovely flowers in one of our tunnels. We hope to be able to deliver their colourful flower bunches with our veg boxes and special orders soon – so watch this space for more info...

Organic September

Organic September has had a real buzz about it: we loved chatting to people at our Open Day a couple of weeks ago, finding out what small changes they are making to their weekly shop, to make a big difference. If you missed our Open Day though don't worry: put the **8th November** in your diary now, and come along to our free Hallowe'en & Bonfire Night to join in the fun!

We are also currently running a special promotion in together with the Soil Association membership drive (see more details overleaf): basically if you're an existing customer with us and you sign up to become a member of the Soil Association, you can enjoy a **money-off voucher** with us to use in the Farm Shop, or to spend on your boxes. Simply tell us your new Soil Association membership number once you've joined, and **we'll give you your voucher** – it's as simple as that!

Buy organic
Know what's
in your food



soilassociation.org/smallchanges



Supported by Good Energy
#SwitchForGood to a 100% renewable electricity company at goodenergy.co.uk/members



FRESH FROM THE FARM THIS MONTH Salad bags, runner beans, onions, cucumbers, squash, pumpkin, chard, courgettes, kale, potatoes, spinach, sweet peppers, tomatoes, aubergines, chillies, eggs, beef, pork

NICE TO MEET YOU

Introducing farmer & PHO founder

Rowie Meers

Rowie and her late husband Alex founded the Purton House Organics veg box scheme over 18 years ago. Alex died of leukaemia in May 2006, and Rowie continues to run the farm.

“It is important for me to carry on building the business that Alex and I started, and keep our vision alive; I feel we are getting closer to that goal” she says. “But it is also important to me to keep it small and local, and gain people’s trust in what we do. There is nothing better than knowing how the food on your plate is produced, and that it comes from your own garden or within a few miles of your house.”

“I started producing my own meat because I didn’t want to eat meat that had been reared intensively. With all these food scandal stories, I



do believe that people are more willing to spend a little extra on animal welfare and provenance. I don’t understand the logic of anyone who loves animals, but then buys cheap factory farmed meat. If we are going to eat meat, it is important to make sure the animal is treated well and can express its natural behaviour.”

Rowie’s favourite food is a really good salad with fab homemade dressings: “you just cannot beat the fresh flavours,” she explains: “and best of all, it’s healthy too!”

Purton House Raw Honey

Helen and Robert Bouldin have been producing honey for many years in Cricklade. This spring they set up some hives here in our orchard, where the bees have been collecting nectar all summer from the apple blossom, garden flowers and chestnut trees nearby. This honey is ‘raw’ – natural and unpasteurised, with nothing added or taken away. After it’s been extracted it is simply run through a fine sieve before being poured into jars. Pop in the shop this week to try some of our tasters: or add a jar to your next box (£5.50/454g jar). Plus keep an eye out for our own apple juice soon!



Purton Scarecrow Trail – come and take part in the scarecrow hunt around the village this weekend (27th-28th September); look out for the scarecrow on the tractor, and pop into our pop-up café!

Beef & Cauliflower Asian Stew

Feeling a nip in the air? Then it must be time for some warming and hearty meals! We have plenty of gorgeous tender beef this month, so celebrate it in style with this mouth-watering dish, which uses the best of late summer veg such as peppers and beans, and autumnal cauliflowers. If you need some extras for this recipe, such as extra beef, ginger, soy sauce, rice, butter, stock cubes... just drop us an email and we'll pop some in your next box!

Serves 6

500g stewing/braising steak
2-3 tbsp oil
2 tbsp plain flour
pinch mixed dried herbs
1 cauliflower, cut into florets
1 green pepper, deseeded & chunked
handful runner beans, sliced
1-2 cloves garlic
500ml-1l beef stock
1 tsp peeled & grated ginger
good splash soy sauce
pinch sugar
2 onions, peeled & sliced
salt & black pepper



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Season the flour and mix in the herbs and sugar, and toss the beef in the flour until well coated. Heat the oil in a skillet or wok, and cook the onions until golden. Scoop them out and then brown the floured beef in the wok. Put the onions back in, cover with stock and simmer for an hour, or until the beef is tender. Add the cauliflower, beans, pepper, garlic, soy sauce and ginger, cover and simmer for ten minutes or so, until tender (add a splash more water or stock if necessary). Serve with rice, noodles or buttered mashed potatoes.

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BONFIRE NIGHT 8TH NOVEMBER

Yes, our famous Bonfire Night & Hallowe'en celebrations are back! Our child- and animal-friendly, firework-free event is open to all, so mark your diary now and join in!

- Roaring bonfire
- Fancy dress
- Apple bobbing
- Organic café
- Mulled cider
- Live music
- Pumpkin skittles
- Hot dogs & soups
- Free entry



Soil Association Membership Offer

The Soil Association has been campaigning for over 60 years to highlight the connection between how food is produced and the health of people and our planet. Newcastle University's recent landmark research shatters the myth that how we farm does not affect the quality of the food we eat. The study found that there are meaningful nutritional differences, due to the farming system, between organic and non-organic food, revealing organic crops and processed foods (such as bread, baby food, fruit juice and wine) have more desirable antioxidants and less heavy metal and pesticide residues than their non-organic counterparts.

The ground-breaking work that the Soil Association does to meet this

challenge is only made possible with members' support. Join us to make up one of the most important movements of our time and together we can transform the future of food and farming.

Become a Soil Association member with a donation from just £2.50 a month; and **you will receive a one-off donation-matched voucher** to spend at Purton Farm Shop, or with Purton House Organics.

Once you are an SA member, you can also take advantage of all the other great offers available to members, via the Organic Connect marketplace. Simply let us know your membership number once you've joined, and we'll give you your money-off voucher.

www.soilassociation.org/supportus