

Jan 2015



The Fresh Foodie

The latest news & views from Purton House Organics



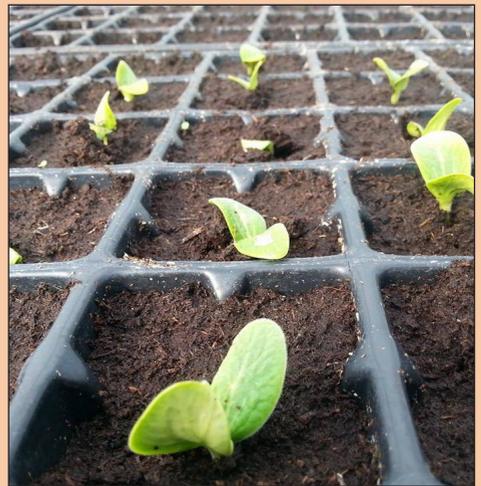
Christmas Farm Shop Opening Hours

Don't forget that our veg box delivery round (usually Wednesday, Thursday & Friday) are postponed the week between Christmas and New Year (our egg rounds on Monday/Tuesday will carry on as usual). But our farm shop will be open!

Christmas Eve:	9am-4pm
Christmas Day:	Closed
Boxing Day:	Closed
Saturday 27th:	9am-4pm
Sunday 28th:	11am-4pm
Monday 29th:	Closed
Tuesday 30th:	9am-5.30pm
New Year's Eve:	9am-5.30pm
New Year's Day:	Closed
Friday 2nd January:	Open as usual

Start Of The Season

Phew, this last veg box delivery week of the year is going to be a busy one! It's all good fun mind you, and everyone is getting into the spirit of things (Jeremy is in his element, playing Christmas music non-stop in the egg room). We are looking forward to a well-earned rest though; although the animals will still need caring for of course. We're also really looking forward to snuggling up with an open fire, and browsing all the seed catalogues for next season. We usually try out new varieties each year; so if there's something you'd like us grow specially, let us know!



FRESH FROM OUR ORGANIC FARM THIS MONTH

Salad bags, Kale, Savoy cabbage, January King cabbage, Purple sprouting broccoli, Leeks, Potatoes, Onions, Squash, Eggs, Beef, Pork

New Year, New Veg Box!

Once all the Christmas feasting is over, many of us crave some delicious fresh and healthy foods. January is the time to kick-start a healthy eating regime – and it's super easy with our veg boxes! You can choose one-off, weekly or fortnightly delivery; and we have a wide range of boxes we can deliver to your home. For one or two people, try the **Mini Fruit & Veg Box (£10)**, containing 7-8 veg portions and 2 fruit portions, or **Small Veg Box (£10)**, with 8-9 veg portion. If you eat lots of veg, try a **Family Veg Box (£13)**, with 8-10 larger veg portions; or a **Variety Veg Box (£15)**, with 11-12 veg portions. Our largest set box is the **Veg Lovers' Box (£20)**, a larger version of the Variety Box - although



we can also do Bespoke orders of any size (minimum order value £10). Our detoxing **Juicing Boxes (£10)** are popular in January, containing 8-10 fruit and veg portions perfect for healthy juices. Plus check out our website for more Fruit Boxes, Meat Boxes, Salad Boxes, Raw Boxes... Remember: a delicious fresh veg box doesn't have to be just for Christmas!

Purton Farm Shop 2014 Review

The farm shop has continued to grow, with new lines from local producers, our own honey and orchard apple juice. We intend to expand our range of home-grown produce further next year, to include cut flowers grown by Rosemarie and Claire in one of our polytunnels. We'll have more events and involve local crafts people to run workshops and sell their wares - there are so many talented people on our doorstep! Thanks to all our customers: we look forward to further developments in the New Year (watch this space!)



ORGANIC MEAT CUTS Don't forget that we now have individual cuts of organic beef, pork and lamb available to order with your boxes – check out the website for details.

Cracking Christmas Stuffing

Stuffing is definitely one of the highlights of Christmas dinner. The main purpose of a stuffing is to keep what you are stuffing nice and moist while cooking, and this stuffing will also infuse your Christmas joint with some lovely aromatic flavours, while stopping the meat from drying out. It's also gorgeous cold in sandwiches for a scrummy Boxing night supper – if you have any leftover bread sauce too, even better...

Stuffs a small bird

100g pork sausagemeat
100g chestnuts
100g mushrooms, chopped
2 shallots/1 onion, finely chopped
75g fresh breadcrumbs
1½ tbsp sage, finely chopped
1 egg, beaten
salt & black pepper



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If the chestnuts are raw, cut a cross in each one and roast or boil for 30 minutes, until tender. Peel while still warm, and chop up in a bowl with the shallots or onion and sausagemeat. Mix in the breadcrumbs, sage, seasoning and egg. Stuff into the neck cavity of the turkey or other bird, putting any leftovers inside the bird cavity, or roll into balls and cook separately (for 20-30 minutes at the end). Cook the bird according to the weight, and baste well. When cooked, remove from the oven and leave for at least 30 minutes covered in foil or a tea towel to rest, and let the stuffing juices sink back into the meat. This recipe also works well for stuffing large mushrooms.

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Let It Snow

(Or: the chickens' song)



Oh the weather outside is frightful
But the barns are so delightful
We're so happy that we cluck and crow
Let It Snow! Let It Snow! Let It Snow!

It doesn't show signs of stopping
And we've got sweet corn for scoffing
We've plenty of food here so
Let It Snow! Let It Snow! Let It Snow!

When we finally pop outside
How we'll hate going out in the storm!
Though the ice spreads far and wide
Scratching around we'll keep warm

The sunlight is slowly dying
Time for roosting, no more flying
Us hens will keep laying so
Let It Snow! Let It Snow! Let It Snow!

Thank you for your custom & support in 2014: we look forward to supplying you with even more delicious fresh organic produce in 2015!

