

Feb 2015



The Fresh Foodie

All the latest news & views from the farm



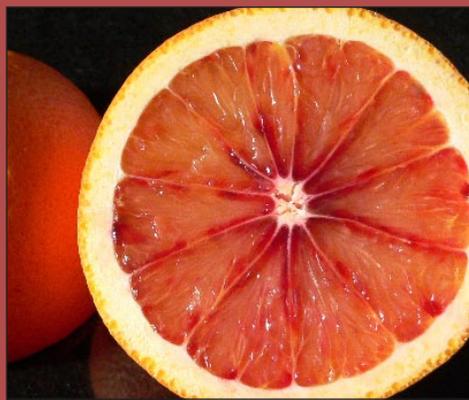
The New Season

The fields are still too cold and wet to start ploughing and cultivating here; but the green manures we sowed last autumn are covering the soil nicely and protecting it from the worst of the wind and rain, keeping all those precious nutrients locked in the soil ready for plants to use in spring.

The overwintering onions are beginning to sprout up though, as are the broad beans sown in one of the polytunnels – half of the plastic has been torn off this tunnel in the winter storms and gales. (We have a lot of tunnel skinning to do in the spring, re-covering two tunnels and putting up our new second-hand multi-span tunnel!) Fortunately broad beans are hardy so don't mind the horrible winter weather too much and are growing away happily.

Blood Oranges

We buy in some produce from other local organic farms, especially at this time of year, to supplement our own home-grown produce; and some items such as bananas and citrus for our fruit boxes come from organic farms overseas (never air-freighted though). Many small organic producers rely on exporting their produce; and now is the season to enjoy delicious Spanish blood oranges. These tasty fruits have a thin red-blushed orange skin, and taste juicily sweet and slightly tart, almost berry-like. They are best eaten fresh simply peeled, or in salads, salsas or marmalades. They are rich in anti-oxidants such as vitamin C, as well as high in fibre, so great for lowering your cholesterol.



FRESH FROM OUR ORGANIC FARM THIS MONTH

Mixed salad bags, January King cabbage, purple sprouting broccoli, Savoy cabbage, kale, cavolo nero, leeks, eggs, beef, pork

Healthy Plans

This year we are really concentrating on getting healthy: we will be including more raw food and juicing recipes with your boxes, so that you can try something different and really feel the benefits of our fresh fruit and veg. This week's recipe (opposite) shows that you can make delicious meals that are not only super healthy, but also tasty and simple to make.

Many people are now adding a **Juicing Box (£10)** or **Raw Box (£12)** to their normal order (either as a one-off request or a weekly order) – it's an easy way to get extra healthy meals when you really don't feel like cooking. Tired out this evening? Have a filling juice! Bored with making the same 7 meals? Grate everything together and



make a quick tasty salad! The Raw Box this week includes carrots, avocado, tomatoes, cucumber, lettuce, beansprouts, spinach, garlic and a lemon; and the Juice Box has carrots, apples, oranges, lemon, chard, kale, celery, cucumber, beetroot and ginger – enough to make 4 or 5 large juices. **Try one out next week and feel the difference!**

Latest Farm Shop News

We have even more new products coming into the Farm Shop this year, following your requests and suggestions. Top of the list for **Valentine's Day** must be **Tregida Smoked Salmon (£3.85/100g)** and **Oak Roasted Salmon or Trout (£4.95/150g)** – if you tried it at Christmas, you'll know just how tasty it is! Tregida Smokehouse is based in Trelash on the North Cornwall coast, run by Coralie and Jon Short, who use traditional curing methods and are staunch supporters of all things local and sustainable.



Forget the supermarkets: order an organic meat box from us (weekly, fortnightly or monthly) from just **£40**, with free delivery! Enough for 6 dinners plus leftovers!

Alkalising Salad Wraps

There is an interesting theory about the effect that healthy foods such as green veggies and lemons have on your body: an 'alkalising' effect, as opposed to the 'acidic' effect that processed foods, dairy, meat and some very sweet fruit and veg can have on you. The idea is that most of us eat too much acidic food, which can lead to many health problems, and need to balance it out with healthy alkalising foods such as greens, pulses and whole grains. Try adding your favourite shredded greens to this recipe, such as kale or chard, and maybe some grated carrot too: and don't forget that we can add extras to your regular box orders, such as an extra portion of carrots, avocado or tomatoes. Just drop us a line and let us know. Better still, add a whole Raw or Juicing Box to your order!

Serves 2

- 1/4 cucumber
- 1 tomato
- 1/2 avocado, peeled
- handful lettuce leaves
- handful spinach leaves
- 2 handfuls beansprouts
- 4 tbsp hummous
- 4 wheat-free tortillas
- 1/4 lemon, juice
- 2 handfuls mixed seeds (eg sunflower, hemp, pumpkin), optional



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Wash and dice the cucumber and tomato, dice the avocado and mix it all with the lemon juice. Wash and shred the leaves. Spread the hummous on the inside of the wraps, and sprinkle the beansprouts on top (plus seeds if you like). Place the leaves and salad mix inside the wraps; wrap up tight and enjoy!



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Purton House Cottage Pie

When you have an abundance of delicious veg around, you end up sneaking it in to pretty much everything! Mixing root veg such as carrot, swede, turnip and parsnip in with onions and mince are delicious (we hope some of you enjoyed the swede last week with a hearty Burns Night haggis on Sunday!); so try using your turnips in the boxes this week in this yummy and easy cottage pie.

Serves 4

450g organic mince beef
1 large onion, peeled & diced
drizzle olive oil
2 cloves garlic, crushed
1 carrot, peeled & chopped
1 stick celery (optional)
1 small turnip or swede, peeled & diced
1 small parsnip, peeled & diced
handful mushrooms, chopped
150ml thick stock
shake of Worcestershire sauce
800g-1kg potatoes
good knob butter
salt & black pepper



Peel & chop the potatoes and bring to the boil; then simmer for 20-25 minutes, or until soft. Heat the olive oil in a large saucepan and fry the diced onion over a medium heat until softened. Add the mince and garlic and cook until browned. Add the carrot, mushrooms, chopped celery, turnip and parsnip, and cook for a few minutes. Pour in the stock, Worcestershire sauce and season to taste, then simmer for 10-15 minutes. Drain the cooked potatoes well, and mash with a good knob of butter until smooth. Lay the mince mixture in the bottom of an oven-proof dish, then top with the mash, and a grate of black pepper. Place in a hot oven for 15-20 minutes, until the topping is golden and bottom is well cooked. Serve with steamed purple sprouting broccoli on the side.



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