

July 2016



# The Fresh Foodie

*All the latest news & views from the farm*

## Summer Fun & Games

We have had more pigs born on the farm – this year has been a very fertile year! So now our nursery of piglets and calves is very busy, and they are all enjoying the lush weather, with plenty of clover-rich grass for the cows to enjoy and produce the healthiest milk, and lots of muddy spots for the sows to wallow in comfort.

Elsewhere on the farm, everything is in its main growing spell now, and things are starting to look good: the weeds are also growing well! So we are all busy as ever, making sure they don't get away from us and swamp our lovely veg plants. Our maincrop of brassicas (cabbages, cauliflowers, broccoli) are going out now, we just need the rain to hold off long enough for us to get the tractor out!

Our strawberries are looking amazing so there should be a good long crop of them to enjoy in our fruit boxes – as long as the pesky slugs (who have loved this wet spell), squirrels and blackbirds don't get there first!

The naughty slugs have also decimated the chilli plants – they must have developed a taste for some hot spice!



**PRODUCED ON OUR ORGANIC FARM THIS MONTH**

*Fruit & veg:* beetroot, chard, courgettes, cucumbers, garlic, lettuce, mixed salad bags, onions, pepper, potatoes, radishes, spring onions, spinach, tomatoes

*Organic beef & pork*

*Organic free range eggs*

# Festival On The Farm

The line-up for Festival on the Farm, held here in conjunction with Riffs Bar, has been announced: book tickets online now! [www.festivalonthefarm.co.uk](http://www.festivalonthefarm.co.uk)

**Friday 22nd July**  
(from 6.30pm)

In It For The Money  
SN DUB Station  
Third ACE

*Day tickets from £10*

*Weekend tickets £25*

*Camping £10*

*Caravans £15*

**Saturday 23rd July**

Bi-Nomial  
Hooch  
The Nomarks  
The Shudders  
Toxic  
Mo-eep  
Sister Sister

**Sunday 24th July**

Vice Versa  
Going Underground  
Rocket Box  
S-Hit 5  
Dead Sea  
Buswell & the  
Orchestra Challenge

## Kefir & Gluten-Free Bread

Hobbs House have just introduced a new gluten-free loaf, which is absolutely delicious with a really great texture. It's available now in the shop for £4.50; we keep a couple of loaves in the freezer every week in case people miss it when it comes in fresh on a Wednesday, but let us know if you'd like us to order some for you – [purtonfarmshop@gmail.com](mailto:purtonfarmshop@gmail.com).

Local entrepreneurs Miki and Nik Cameron have just launched Kefir Pop – three delicious drinks giving you your daily probiotic boost. Unlike popular monoculture yoghurt drinks, kefir contains a wide range of 'good' bacteria and yeast to rebalance your gut flora, as well as enzymes, minerals and vitamins (£2.70/330ml bottle).



## Organic BBQ Meat Boxes £25

Fancy a box of fresh organic meat perfect for al fresco cooking? Order one of our special BBQ boxes for just £25 and save at least 10% on shop prices: containing a mixture of sausages, burgers, chicken pieces and kebab chunks. Drop us an email with your order now!

# Chicken with Lemon, Courgette & Couscous

*The summer is such a busy time of year: but fortunately it also provides great veg that is easy to make into some yummy and quick dishes! If we're ever short of inspiration (or time), we tend to whack a load of veg in the oven with a good glug of olive oil and any herbs handy, to roast up together and enjoy with rice, pasta or with jacket spuds or bread. Try this version with some organic chicken and couscous (available in the shop) for an easy peasy treat!*

## Serves 4

- 3-4 chicken breasts
- 2-3 courgettes
- 1 lemon
- 2tbsp olive oil
- 1 onion, peeled & cut into wedges
- 2 garlic cloves
- 2 handfuls cherry tomatoes
- 400ml chicken stock
- 200g couscous



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Chop up the chicken breasts and toss in the olive oil with the sliced courgettes and tomatoes, garlic and onion. Roast in a large roasting tray at 200C for around 15 minutes, until the chicken is cooked through. Meanwhile pour the hot stock over the couscous and cover; leave for 10 minutes then stir, making sure all the liquid has been absorbed and the couscous is fluffy. Squeeze in the juice of half of the lemon and stir. When the chicken is cooked, squeeze the rest of the lemon juice over it, then serve with the couscous and some yoghurt or tzatziki on the side. You could also add peppers and aubergine to the roast tin, and some fresh herbs such as thyme or rosemary.



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Camping,  
day & weekend  
tickets: from £10

# Festival on the Farm is back!



In It For The Money  
SN DUB Station  
Third ACE  
Bi-Nomial  
Hooch  
The Nomarks  
The Shudders  
Toxic  
Sister Sister  
...and many more!

Purton House Farm  
Church End, Purton  
Swindon SN5 4EB

22nd-24th  
July 2016



[www.festivalonthefarm.co.uk](http://www.festivalonthefarm.co.uk)