

March 2017



The Fresh Foodie

All the latest news & views from the farm

The Start Of Spring!

We have been busy lambing over the last month, which is quite early but we bought our sheep in September and some of had already been with the ram. Luckily they have a nice cosy barn with thick straw to keep lovely and warm. So far we have eight lovely lambs (including three lots of twins); once they have all given birth we will let them out when the weather warms up, so you'll be able to see them if you visit the farm shop.

In the next few days the avian flu restriction on letting out the chickens should be removed, which will be a blessing for us and for the chickens. The smaller houses have had a very secure small fenced-in run for daytime outside access; but the chickens in the larger houses have had to be kept in. With the weather warming up and spring on the horizon it's not a moment too soon!

Seed sowing is well underway and the woodchip hot box is doing its job as well as the heated greenhouse. Soon they will be heaving with plants ready to plant out in the polytunnels or outside for the more hardy early veg.



PRODUCED ON OUR ORGANIC FARM THIS MONTH

Fruit & veg: January King Cabbage, swede

Organic beef & pork

Organic free range eggs

BBC Countryfile

Did you see 'our Kate' on *Countryfile Winter Diaries* last Tuesday? She was explaining the benefits of the manure 'hot box' to start off seedlings early, from her market garden at Hartley Farm in Bradford on Avon – if you missed



it you can watch it on iPlayer (series 1, episode 2). Sadly she won't be 'our Kate' for much longer. Kate has worked here for nine years, starting off as our apprentice and now working one day a week while she runs her own market garden. If you did see her on *Countryfile*, you might have noticed that she looks like she has been eating one or two cream cakes too many! We know Kate loves her food; but the reason for her rotund appearance is that she is due to have a baby in April, so she will be leaving us in March. We are all very sad to see her go – she has been a huge asset to us and she will be greatly missed – but we wish her all the best with the new arrival, and her own vegetable growing and writing (visit growngreen.wordpress.com if you want to see what she's been up to). So if you contact us in the office from March, it will be Jo and Rowie happily helping with your queries.

Spicy Snacks

New in the Farm Shop: tasty veggie samosas made by Baghini Marshall of Swindon. We tried them with our lunch last week and they are delicious: just 65p each at the moment, so pop in and grab a couple now!



Easter Egg Hunt: Saturday 22nd April

Save the date of our popular Easter Egg Hunt in your diary now! It's just £2 per child to take part in the hunt, and there will be plenty of our delicious barista coffee, cakes and other yummy local food and drink on offer too!

Savoury Spinach Pancakes

Yes it's that time of year again: Shrove Tuesday, or Pancake Day, is on Tuesday 28th February this year – and there's no better excuse to use up all our lovely organic butter, flour and milk in some delicious pancakes! They are not just for sweet puddings either: try this savoury treat, full of fresh green spinach.

Serves 3-4

160g plain flour
750ml milk
4 eggs & 1 egg yolk
60-80g butter
1 stock pot/1 tsp concentrated stock
100g Parmesan cheese, grated
300g spinach
salt & pepper to taste
pinch grated nutmeg
150g cream fraiche



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Mix together 120g of the flour, 250ml milk, two eggs and a pinch of salt to make a thin batter. Heat 30g of butter in a frying pan over medium-high heat, then pour in around three tablespoons of batter and swirl the pan quickly, so that the batter is spread evenly. After a minute or two check the underside is cooked, and flip of carefully turn the pancake and cook for a minute or two on the other side, and set aside while you make another seven. Set aside and keep warm while you melt the rest of the butter in a pan, stir in the rest of the flour and heat through for a minute; then add the rest of the milke, stirring constantly while it comes to the boil, then add the stock, two whole eggs and half the Parmesan. Add the rinsed spinach and season with salt, pepper and nutmeg. Spread some filling on each pancake, roll up and place in a greased baking dish. Whisk together the last egg yolk, creme fraiche and the rest of the Parmesan, and pour over the pancakes with a good grate of pepper and nutmeg; bake in the oven at 220C for 20-25 minutes, until golden. Serve with some salad leaves on the side.



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Hooch
...and many more!

Purton House Farm
Church End, Purton
Swindon SN5 4EB

21st-23rd
July 2017



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