

# Ripple Farm Organics

## LOCAL & ORGANIC

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### **August 09 Newsletter**

The 'BBQ' summer that was forecast got off to a good start, but July was not so promising, let's hope for a sunny August for the sake of our squash plants.

**If all the transplants are not planted and weeded by August** it's generally too late but we're pretty much on target this year. Some of the leeks are still in a nursery bed awaiting transplanting to their final position and a few trays of replacement brassica plants are still to be planted. We will do the last of our fortnightly sowings of lettuce plants during August for harvest September/early October and continue with our regular field sowings of salad leaves. And as the harvesting of summer tunnel crops – aubergines, peppers and tomatoes - gets into full swing we have to start growing the salad and herb plants that will take their place over winter.

But August is a quiet month for harvesting and packing as lots of our customers go on holiday!

**The Food Standards Agency (FSA)** totally missed the point last week, in concluding that organically produced food is no healthier than that produced conventionally. For a start the study looked at the nutritional content of foods only, and ignored the implications to health of conventional farming's use of pesticides, artificial fertilisers, and routine use of antibiotics. Also, the FSA review admits to a lack of research on which to base its findings; and the Soil Association, the leading voice of the organic sector in the UK, said the FSA failed to include the results from a major EU-funded study, which found higher levels of 'nutritionally desirable compounds' in organic crops.

But more importantly, organic farming is about so much more than human health. It's about the long-term health of the planet we all live on, and in particular caring for the soil and water we rely on to grow all of our crops, so that the generations that follow us can continue to grow healthy food.

### **Box Contents**

**Staples-** 'Accent', 'Amorosa' (red skin) and 'Charlotte' to come during August. Un-cured onions are in the boxes weekly now. We have plenty of our own bunching carrots now; remember to take the tops off so they keep better.

**Greens** –seasonal greens are spinach, summer cabbage, kale, green chard and rainbow chard

**Salad** – the mixed salad bags will be in the boxes weekly during August.

**Others** You may also have summer squash (yellow, UFO shaped, try cutting into chunks and roasting, or frying, the skin is edible but tough, so you may want to peel), tomatoes, beetroot, courgettes, calabrese, rocket and basil over the coming weeks.

**Wye Farmers Market** The next few dates are August 1<sup>st</sup> & 15<sup>th</sup> and Sep 5<sup>th</sup> & 19<sup>th</sup>

**Whitstable Farmers Market** The next few Market dates are August 8<sup>th</sup> & 22<sup>nd</sup> and Sep 12 & 26

<b>Extras with Boxes</b>	<b>New Potatoes</b>	£1 / kg
	<b>Charlotte Salad Potatoes</b>	£1.50 / kg
	<b>Un-cured Onions</b>	£1 / kg
	<b>Spinach</b>	£1 / 200g bag
	<b>Mixed Salad</b>	£1.20 / bag (lower price for summer)
	<b>Courgettes</b>	£2 / kg

The following can be ordered as extras with your standard box

***Thanks for your continued support, from all at Ripple Farm Organics***