

# Ripple Farm Organics

## LOCAL & ORGANIC

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### August 2011 Newsletter

**Lazy Bed Weeding** – we do as much weeding as possible using tractor and various bits of machinery but there's often some hand-weeding still to do close to the crops, and this is where the 'lazy bed weeder' comes in. Basically it's just a platform/flat trailer, big enough for 4 people to lie on their fronts (that's the 'lazy' bit), with space to reach down to the ground and pull out the weeds as the trailer is pulled slowly along the beds of crops. A day of this does not feel like a lazy day though, and everyone is glad to take a turn driving the tractor.

**Bird-scarers** – As well as our 'ear friendly' hawk kite bird scarer, we also use the loud 'banger' bird scarer (the kite works well but is easily stolen so can't be used in all locations!). But we turned off the banger whilst weeding close by last week, and then forgot to turn it on again afterwards. The rooks soon moved in, and pulled up hundreds of kale plants, working methodically along the rows, not missing a single plant. They weren't interested in the plants though, it was the wireworm that were living on the roots of the plants that they wanted to snack on. Lesson learned.

**Apples** Last year we offered organic apples as extras, supplied by Little Knell Farm Soil Association), at Ash near Canterbury. These should be available again soon.

**Organic Eggs** - Organic, free-range eggs can be ordered as extras. These are from Andrew Ward, a Soil Association registered organic grower, from Wingham, near Canterbury, who also supplies us with some of his vegetables for the box scheme. ½ dozen medium eggs cost £1.50.

### Box Contents

**Staples** – Potatoes, onions and carrots continue weekly. New potatoes in the boxes will be 'Accent' white skinned, round potato, classic new potato taste, 'Charlotte' very tasty salad potato and 'Amorosa' red skinned new potato. We continue to harvest our own bunching carrots and un-cured onions.

**Greens** – Seasonal greens are green and rainbow chard, spring cabbage and summer/round cabbage, spinach and kale. We have curly kale, Cavelo Nero/black kale and red Russian kale which may be packed in mixed bags or in the stir-fry bags.

**Salad** – Mixed leaf salad bags will be in the boxes more frequently now and you may also receive whole lettuce including red and green cos, red and green oakleaf, little gems and butterhead.

**Others** – Also through July you may receive calabrese, beetroot, cucumbers, runner and flat beans, tomatoes, courgettes, garlic, basil, bell peppers, chilli peppers, aubergines and summer squash

**Wye Farmers Market** August 6 and 20<sup>and</sup> Sep 3 and 17, 9am-12midday.

**Whitstable Farmers Market** Aug 13<sup>th</sup> and 27<sup>th</sup> and Sep 10 and 24 at 9.30-2pm

**Bridge Farmers Market** Aug 13 and 27 and Sep 10 and 24 (we will be there Aug 13 and Sep 10), 9am to 12 midday

<b>Extras with Boxes</b>  The following can be ordered as extras with your standard box	<b>New Potatoes white/red</b>	80p / kg      10kg = £6
	<b>Salad Bag</b>	£1.20 / bag
	<b>Kale</b>	£1 / 250g bag
	<b>Spinach</b>	£1 / 250g bag
	<b>Carrots</b>	£1 / bunch
	<b>Un-cured onions</b>	£1 / kg
	<b>Organic med. eggs (Andrew Ward)</b>	£1.50 for ½ dozen

**Cabbage** gets a lot of bad press but I find it a really versatile and tasty vegetable. The spring cabbage really only needs steaming and serving with butter or oil and salt and pepper to be at its best but as the season moves on and the more solid summer round cabbages become ready there are a lot more options. Slice finely and combine with grated carrots and mayofor a traditional coleslaw or add some finely sliced chilli pepper for added flavour. And, when cooked, cabbage goes well with so many dressings/sauces, the main thing is not to overcook, there should still be a bit of crunch to the cabbage. My favourite is to dress with crushed garlic and finely chopped ginger and olive oil. Small toasted seeds such as linseed go well too, or try stirring in a tablespoon of pesto to liven it up. (I'll have to share some of our staff's pesto recipes with you next time)

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

