

# Ripple Farm Organics

## LOCAL & ORGANIC

Crundale, Nr Canterbury, Kent CT4 7EB

01227 730898 (answer phone)

sarah@ripplefarmorganics.co.uk    www.ripplefarmorganics.co.uk



### **December 2011 Newsletter**

**Christmas/New Year Arrangements** – see separate sheet for details, and an order form for extras.

We will not be packing the vegetable boxes between Christmas and the New Year.

**The relatively mild weather in November** was a welcome change from the last couple of early winters, although it has added to the mixed up seasons we've had this year. We had snow and frozen vegetables to contend with this time last year but this November we were still picking tomatoes and the green leafy crops just keep on growing, keeping us busy harvesting and packing (no complaints there).

**Carrots** We lost 2 acres of newly sown carrots in the drought earlier this year, so will not have enough of our own to keep the box scheme supplied. We are buying-in some carrots for now while there are still UK organic ones available (from Yorkshire and Suffolk) and will keep some of our own back for the New Year.

**Organic Apples** We have almost sold all our own 'Spartan' apples and now have 'Cox' and 'Spartan' from Little Knell Farm, Ash.

**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 for December will be 'Toluca' a tasty all-rounder (white), and 'Amorosa' (red) a lovely, slightly firm variety, the favourite of many of our staff. Also there's 'Charlotte' a well known salad variety (but not very waxy this year due to the dry growing conditions) and 'Arran Victory' – a purple skinned roaster, very dry so don't try to boil, can be steamed though if you watch it doesn't go too far.

Onions (ours, from store) and carrots (bought-in for December, see above) continue weekly.

**Greens** – Seasonal greens are leeks, broccoli, green and rainbow chard, cabbage, spinach, kale and sprouts.

**Salad** Mixed leaf salad bags will be in the boxes most weeks (weather dependant). The mix of leaves gets spicier as the season progresses, the mustard leaves we grow (green wave, mizuna and red mustard) withstand the cold weather fairly well but there will also be some 'Claytonia' to balance things out. Claytonia is the cultivated form of the wild plant 'Spring Beauty' and has a mild, sweet taste. Also known as miner's lettuce, getting its name due to its use as a fresh salad green by miners in the 1849 Gold Rush in California.

**Others** – Also through November you may receive parsnip, beetroot, squash (probably 'Red Kuri', 'Acorn' and 'Crown Prince'), cauliflower, red cabbage, celeriac and swede.

**Wye Farmers Market** Dec 3 and 17, and extra 24 Dec Christmas Market, Sat 7 and 21 Jan 9am-12midday.

**Whitstable Farmers Market** Dec 10 and extra Christmas Market on Sunday 18<sup>th</sup>, then Jan 14 & 28, 9.30-2pm

<b>Extras with Boxes For December All Organic</b>  The following can be ordered as extras with your standard box	<b>New Potatoes white/red</b>	70p / kg	10kg = £6
	<b>'Arran Victory' potatoes</b>	90p/ kg	
	<b>Baking potatoes</b>	70p / kg	
	<b>Salad Bag</b>	£1.20 / bag	
	<b>Kale</b>	£1 / 250g bag	
	<b>Spinach</b>	£1 / 250g bag	
	<b>Onions</b>	£1 / kg	
	<b>Carrots (bought-in, UK)</b>	£1 / kg	
	<b>Medium eggs (Andrew Ward)</b>	£1.50 for ½ dozen	
	<b>Apples 'Cox' &amp; 'Spartan' (Little Knell Farm)</b>	£1.60 / kg	

**Roast Beetroot** If anyone has been put off beetroot by the sliced stuff in jars of vinegar then you really should give roast beetroot a try. It can take a long time to roast but to speed things up you can cut up into small pieces (about thumb size across), put into an ovenproof dish, pour over some olive oil and stir to make sure the beetroot is all coated in oil, put a lid on then put in a medium oven for about an hour (maybe stirring a couple of times). The result is lovely sweet beetroot; all it needs is a sprinkle of salt.

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