

# Ripple Farm Organics

## LOCAL & ORGANIC

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### **February 2012 Newsletter**

The relatively mild winter continued through most of January with some proper cold winter weather today (31<sup>st</sup>) and a few flakes of snow.

We have started ordering seeds, onion sets and seed potatoes for the coming year's crop's now, and will start raising plants in our glasshouse during February.

Purple sprouting broccoli will be in the vegetable boxes this week, 2<sup>nd</sup> Feb, possibly my favourite vegetable, and one of the few veggies that none of our customers asks to exclude from their veg box, so it must be popular with you too. There should be more to come during February, on its own or in the winter stir fry bags.

**Organic Apples** - Little Knell Farm, Ash have sold almost all of their 'Spartan' apples now and we have ordered some of their 'Gala' to try.

**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 February will be 'Valor' (white), 'Romano' (red) and 'Ambo' (red/white). Some of the 'Ambo' are badly bruised, we are grading out any with obvious damage, and giving you 25% extra for your money after that, but if you still get a particularly bad selection please let us know so we can replace or refund.

Onions (ours, from store) and carrots (bought-in for February (UK and organic), continue weekly.

**Greens** – Seasonal greens are leeks, purple sprouting broccoli, green chard, cabbage, spinach, kale and sprouts. Also stir-fry bags.

**Salad** Mixed leaf salad bags will be in the boxes less often through February. We try and balance the spicy winter leaves with some milder ones, and have had some butterhead lettuce and pak choi from Andy Ward recently to help us out (grown in his large modern glass house).

**Others** – Also through February you may receive parsnip, beetroot, squash (just 'Crown Prince' left now, supplied as cut pieces, which need to be kept in the fridge and used within a few days), cauliflower, red cabbage, celeriac and swede.

**Wye Farmers Market** February 4 & 18 and March 3 & 17 - 9am-12midday.

**Whitstable Farmers Market** February 11 & 25 and March 10 & 24 - 9.30-2pm

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|--|--|-----------------------|
| <b>Extras with Boxes<br/>For December<br/>All Organic</b><br><br>The following can be<br>ordered as extras with<br>your standard box | <b>Potatoes white/red</b>                    | 70p / kg    10kg = £6 |
|  | <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 'Gala'<br/>(Little Knell Farm)</b> | £1.60 / kg            |

**Parsnips** are a staple of the winter vegetable boxes, and as well as the traditional roast parsnips they make a great mash combined with other roots. I often sneak some in mashed potato for my daughter, (who doesn't think she likes parsnip!), or you could try mashed parrot (parsnip and carrot). Thin slices can be added to a stir fry (using a peeler is a quick way to get thin slices).

And, of course, it makes great soup, I like to flavour mine with turmeric, ground coriander and cumin.

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