

# Ripple Farm Organics

## LOCAL & ORGANIC

Crundale, Nr Canterbury, Kent CT4 7EB

Tel : 01227 730898 Soil Association Certificate No G737  
 sarah@ripplefarmorganics.co.uk www.ripplefarmorganics.co.uk



### February 2009 Newsletter

**It is proving to be a tough winter for vegetables!** The January frosts have damaged many crops. Worst affected are greens and salad, with chard, kale and spinach all in short supply now and no green wave for a while (one of our more hardy salad leaves). And, of course, the pigeons are rabbits are hungrier than ever, so it's a constant battle to keep them away! Some of the root crops still in the field, such as swede and beetroot have been affected by the severe cold (and don't keep so well), and whilst we do our best to leave damaged ones in the field, please let us know if you get something unusable.

With all crops, we grade them as we harvest and pack, but some times you can't tell from the outside if there is damage inside and some just slip through. We encourage you to let us know if you have any vegetables that are unusable, and we will always compensate you for this.

**We have been packing more potatoes for your money** in the boxes for some time now, as we are aware there is some bruising that can generally be peeled away, but again let us know if you receive unusable potatoes.

**Finally, a reminder to collect your vegetables promptly**, especially where they are delivered to outdoor collection points, as things may get frosted whilst left in the boxes overnight, in sub zero temperatures.

### Box Contents

Some availability dictated by the weather, so for example, on the week you are due spinach, we may have to change to cabbage, for example if the spinach is frozen

**Staples-** Potatoes in the boxes may be any of the following:- , 'Valor' – white skin, Ambo red/white skin, 'Arran Victory' – purple skin, v. dry flesh so a good roaster and 'Romano' – red skin, firm .

Onions and carrots will be in the boxes weekly

**Greens** –seasonal greens are purple-sprouting broccoli (eat the leaves and flowering shoots), spinach, green chard, cabbage, leeks and black kale ('Cavalo Nero') and sprouts.

**Salad** – you are unlikely to receive salad this month due to frost damage to our salad leaves

**Other** – Beetroot and swede will be in the boxes once a month. We may have some cauliflower during February We will continue to alternate squash and parsnips in the boxes now.

**Squash** There is just 'Crown Prince' squash left now, and as they are generally large squash, you will usually receive a cut piece. Although the whole squash can keep until April/May the cut pieces do not keep for long. We recommend de-seeding the squash piece and keeping in the fridge, and using within a week..

**Wye Farmers Market** The next few dates are Feb 7<sup>th</sup> & 21<sup>st</sup> and March 7<sup>th</sup> & 21<sup>st</sup>

**Whitstable Farmers Market** The next few Markets will Feb 14<sup>th</sup> & 28<sup>th</sup> and Mar 14<sup>th</sup> & 28<sup>th</sup>

<b>Extras with Boxes</b>  The following can be ordered as extras with your standard box	<b>Standard White Potatoes 'Valor'</b>	1kg @ 80p 4kg @ £3.20      10kg @ £7
	<b>Roasting Potato – 'Arran Victory'</b>	£1 / kg
	<b>Salad Potato – 'Charlotte'</b>	£1.20 kg
	<b>Carrots</b>	£1 / kg
	<b>Onions</b>	£1 / kg
	<b>Squash – Crown Prince</b>	£1.50 / kg      (whole kilos only)
	<b>Spinach – 250g bag</b>	£1      (weather dependant)
	<b>Beetroot</b>	£1 / kg

**Parsnips** have been cultivated for at least 2,000 years and before sugar was widely available parsnips were used to sweeten dishes such as cakes and jams. Roasting chunks of parsnip is the simplest way of cooking and brings out their sweetness. They also make a tasty mash, either on their own or with other roots. One of my favourites is potato with some parsnip and squash mashed in (about ¾ potatoes). Also try cooking parsnip and a cooking apple together and mashing for a side dish .**Thanks for your continued support, from all at Ripple Farm Organics**

