

Ripple Farm Organics

LOCAL & ORGANIC

Crundale, Nr Canterbury, Kent CT4 7EB

01227 730898 (answer phone)

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



January 2012 Newsletter

We hope you all enjoyed your Christmas veggies, thanks for your custom through 2011, and we wish all our customers a Happy New Year. And thanks too for all your Christmas wishes and cards.

The mild weather continues, so no white Christmas, but it has made things easy for us as vegetable growers, no persistent frosts to damage crops and the pigeons are not hungry enough to be causing us problems either. It's not even been cold enough to kill of the white fly that likes to live on the curly kale! We still have a good selection of greens to harvest through January, as well as parsnips, swede and beetroot still in the ground, some under a protective layer of straw. We also have our stored crops - potatoes, onions and squash.

Organic Apples - Just 'Spartan' apples available now 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 January will be 'Cosmos' and 'Valor', both whites, and 'Amorosa' and 'Romano', both reds. Also there's 'Charlotte' a well known salad variety (but not very waxy this year due to the dry growing conditions). Onions (ours, from store) and carrots (bought-in for January (UK and organic), continue weekly.

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

Salad Mixed leaf salad bags will be in the boxes less often now and 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 January you may receive parsnip, beetroot, squash (probably 'Red Kuri', 'Acorn' and 'Crown Prince'), cauliflower, red cabbage, celeriac and swede.

Wye Farmers Market January Sat 7 & 21, February 4 & 18 9am-12midday.

Whitstable Farmers Market January 14 & 28, February 11 & 25 9.30-2pm

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

Raw Veg If you're in need of a New Year's Detox, some nutrient rich raw veggies could be the answer. With the exception of potatoes (and aubergines maybe?), everything we grow can be eaten raw, the secret is to cut up small, so a grater, peeler or food processor all come in useful. Then, just get inventive with the veggie combinations and dressings. I particularly like grated beetroot and finely cut up red cabbage with a handful of toasted seeds thrown in, and maybe a few dried dates cut up small, and a dressing of olive oil, salt and pepper and mint (fresh, or a bit of mint sauce, or a spoonful of some mint and gooseberry jelly I had, yummy!). And if you're shopping at Whitstable Farmers Market, check out the kale crisps on the 'Living Larder' raw food stall (often using Ripple Kale).

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