

# Ripple Farm Organics

## LOCAL & ORGANIC

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### **June 09 Newsletter**

**Yummy**- what a delicious time of year, new potatoes, tender broad beans and sweet bunching carrots and beetroot (if you're one of our 'No Beetroot' customers, it's worth having another taste of the new season's crop).

**Can this really** be the third month in a row we've had no reason to complain about the weather? Probably not! Lots of sun, but we need some rain. As I write (26/6) we are desperately hoping to get one of the thundershowers that parts of Kent are forecast today before the very hot weather forecast for next week.

The seedling glasshouse and hardening off tunnels are slowly emptying as we get more plants in the ground, the weeding continues and the tunnel crops need taking care off, side-shooting and tying up etc, so plenty to keep us busy during July.

**Holiday Time** – Please remember to let us know of any cancellations by midday Monday of the week concerned, at the very latest

**The Farmhouse** – You can now taste our produce at a new restaurant/music venue in Canterbury, 11 Dover Street 01227 456118, brought to you by the team behind the Lounge on the Farm Music Festival (10-12 July this year).

### **Box Contents**

**Staples**- You have already had 'Swift' and 'Maris Bard' with 'Accent', 'Amorosa' (red skin) and 'Charlotte' to come during July. Un-cured onions are in the boxes weekly now. We have plenty of our own bunching carrots now; remember to take the tops off so they keep better.

**Greens** –seasonal greens are spinach, spring cabbage, kale, green chard and rainbow chard

**Salad** – the mixed salad bags will be in the boxes weekly during July. Whole lettuce will also be in the boxes frequently now.

**Others** You may also have cucumbers, green garlic, beetroot, broad beans, courgettes, calabrese, rocket, basil over the coming weeks. We may have tomatoes from Andrew Ward, organic grower near Wingham, in advance of our own being ready.

**Wye Farmers Market** The next few dates are July 4<sup>th</sup> & 18<sup>th</sup> and August 1<sup>st</sup> & 15<sup>th</sup>

**Whitstable Farmers Market** The next few Market dates are July 11<sup>th</sup> & 25<sup>th</sup> and August 8<sup>th</sup> & 22<sup>nd</sup>. We will also be at the Whitstable Oyster Festival on Sat. 25<sup>th</sup> July

<b>Extras with Boxes</b>	<b>New Potatoes</b>	£1 / kg
	<b>Charlotte Salad Potatoes</b>	£1.50 / kg
	<b>Green/Un-cured Onions</b>	£1 / kg
	<b>Spinach</b>	£1 / 200g bag
	<b>Mixed Salad</b>	£1.20 / bag (lower price for summer)
	<b>Lettuce</b>	80p /Head

Broad Beans are a staple of the box scheme during July, and you may have them most weeks. Just pod the young beans and steam/boil for 5 minutes and serve with butter or olive oil. They also go very well added to a risotto, served hot with salad leaves or stir-fried. As the weeks go on the beans will be larger and tougher, and some recipe books recommend skinning the individual beans. To do this boil the podded beans lightly and then the skin should be easy to push off. Once skinned, cook them further and add to your recipe. Try Broad Bean Puree (a bit like Hummus) – cook the beans until soft and mash up with olive oil, lemon juice and any other seasoning/herbs you fancy.

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