

## June 09 Newsletter

May gave us plenty of sun and enough rain to get all the new season's crops off to a good start. There are still thousands more plants to go in the ground though, so June will be a busy month. The polytunnels are filling up with tomatoes, peppers, cucumbers, aubergines and basil. The potatoes, carrots and parsnips are all in the ground and growing well, we just need to make sure the weeds don't get to grow too! Rocket and the oriental salad leaves, green wave and mizuna will be direct sown every 2 weeks now, to ensure a continuous supply

**The courgettes were planted** at the weekend (30/5), along with the sweetcorn; and the squash will be planted over the next few weeks. All of these crops need frost-free nights, which for Kent, generally means from the third week of May onwards

**New potatoes** will be in the boxes in June, and other new season's crops to look forward to over the coming weeks are green garlic, beetroot, spring cabbage, courgettes, and broad beans.

### **Box Contents**

**Staples-** As we start to harvest the new potatoes over the coming weeks ('Swift', 'Maris Bard' and 'Accent') you may have some old ('Valor') and some new potatoes in your box. The new potatoes should be used first, as they don't keep so well. The stored onions are all finished, so you will have spring/green onions weekly now. We will still be buying imported organic carrots during June, but you may have some of our early bunching carrots some weeks, depending on when they are ready. (The imported carrots seem to need to be kept in the fridge, a result of being washed)

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

**Salad** – the mixed salad bags will be in the boxes weekly during June, and the Summer bags will be milder with the inclusion of more lettuce leaves. Whole lettuce will also be in the boxes frequently now.

**Cucumbers** Some boxes had cucumbers from Andrew Ward, organic grower at Wingham last week, and our own are almost ready.

**Others** Look out for green garlic, beetroot and courgettes over the coming weeks

**Wye Farmers Market** The next few dates are June 6<sup>th</sup> & 20<sup>th</sup> and July 4<sup>th</sup> & 18<sup>th</sup>

**Whitstable Farmers Market** The next few Market dates are June 13<sup>th</sup> & 27<sup>th</sup> and July 11<sup>th</sup> & 25<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>Spring Onions</b>	£1 / bunch	
	<b>Spinach</b>	£1 / 200g bag	
	<b>Mixed Salad</b>	£1.50 / bag	
	<b>Lettuce</b>	80p /Head	

**Green/Wet Garlic** Garlic harvested now can be treated like a spring onion, i.e. eat the bulb and green top. As you cut into the bulb you will see the start of the formation of cloves. The taste is generally milder than dried garlic. Try cooking some with the new season's spinach. Saute some finely chopped onion and green garlic until soft, add washed, torn spinach leaves and continue to cook for another 4-5 mins – the new season's leaves need very little cooking. Eat as is, or top with a bit of butter or natural yoghurt. You could substitute chard for the spinach, just cook the chard stems with the onion and garlic.

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