

Ripple Farm Organics

LOCAL & ORGANIC

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May 09 Newsletter

No complaints about the weather (for a change!), we've had a very sunny spring, with enough rain to keep the new sowings/plantings happy but not so much that work gets delayed.

May is the so-called 'Hungry Gap' month for UK vegetables. The old seasons crops are coming to an end and the New Seasons Crops are not ready to harvest. We should have enough of our own stored potatoes and onions to see us through to the new season's crops but we have bought in some UK organic carrots during April and now there are no more UK ones available we will have to buy in imported organic carrots until our own new crop is ready (June). Some boxes had Spanish ones last week (30/4). As carrots are such a staple of the UK diet we like to keep them in the vegetable boxes every week, but if any-one prefers not to have the imported carrots please let us know.

Green (Wet) Garlic and Spring/Green Onions We harvest early garlic in May and June when still green. Similar to a spring onion, you can use all of the bulb and green tops. We do the same with the onions, and the early crops will be the smaller 'spring-onion' size, but as the crop grows you will have larger onions with green tops. Again you can use all of the bulb and green tops (just peeling off the outer layer maybe), either cooked or raw. The smell will help differentiate the garlic from the onions and also the green tops of garlic are flat whilst the green tops of onions are hollow.

Other New Season's Crops You may have the first of the season's lettuce during May and our small area of strawberries are growing well, and some of these may be in the boxes (remember strawberries don't keep long, especially if picked in the wet). The first of our new potatoes are likely to be harvested in early June.

Box Contents

Staples- Potatoes in the boxes may be any of the following: -, 'Valor' – white skin, good all-rounder and 'Romano' – red skin, firm flesh .Our own stored onions along with early spring and green onions will be in the boxes weekly. As above we will have to buy in carrots during May.

Greens –seasonal greens are spinach, green chard, rainbow chard and leeks. There may be more seasonal stir-fry bags, we would welcome feedback on the ones you've had recently.

Salad – the mixed salad bags will be in the boxes most weeks during May and there may be some whole lettuce Other – We have one variety of Cauli still to come .

Mushrooms – We may buy in organic mushrooms again this spring, to add some variety to the boxes.

Wye Farmers Market The next few dates are May 2nd and 16th and June 6th & 20th

Whitstable Farmers Market The next few Market dates are May 9th & 23rd and June 13th & 27th

Extras with Boxes	Standard White Potatoes	1kg @ 80p	
	'Valor'	4kg @ £3.20	10kg @ £7
	Red Potato – 'Romano'	£1 / kg	10kg / £8
	Onions	£1 / kg	
	Spring Onions	£1 / bunch	
	Spinach	£1 / 200g bag	
The following can be ordered as extras with your standard box	Mixed Salad	£1.50 / bag	

Hungry Gap Potato Salad The weather's sunny, the BBQ is lit (fingers crossed) and you fancy a potato salad, but have to wait another month for UK new potatoes, so try this:- The red-skinned 'Romano' red potatoes are firm enough to use as a salad potato, and their skins are thin enough to leave on, to retain more nutrients. Slice some spring onions finely, and any leafy herbs, mix with cooked, sliced potatoes, season and dress with mayonnaise, or a combination of mayonnaise, natural yoghurt, lemon juice and olive oil

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