

Ripple Farm Organics

LOCAL & ORGANIC

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November 09 Newsletter

Thanks to all who came on our Farm Walk this year, we had lovely weather and walked around the Victorian Walled garden. Well done to the competition winners Phil Maull and Paul Morris for guessing the weight of the pumpkin (4.9kg), both win a free veg. box.

Christmas/New Year Arrangements

As Christmas day falls on a Friday, most of the box scheme deliveries will be as normal, but we will bring the Canterbury/Whitstable/Faversham deliveries forward by one day - more details to follow soon. As in previous years, you will be able to order extras with your standard boxes.

POTATO QUALITY

SOME OF THE POTATO VARIETIES HAVE BRUISING (SHOWN AS BLACK AREAS UNDER THE SKIN) AND SOME HAVE WIRE-WORM DAMAGE (SHOWN AS SMALL BLACK HOLES). BOTH PROBLEMS CAN BE DIFFICULT TO SEE FROM THE OUTSIDE SO WE ARE GIVING YOU EXTRA POTATOES AT NO EXTRA COST. THE DAMAGE CAN USUALLY BE CUT AWAY WHEN PREPARING THE POTATOES, SO HOPEFULLY YOU WILL STILL HAVE ENOUGH USABLE POTATO. BUT IF YOU DO GET A PARTICULARLY BAD SELECTION, PLEASE LET US KNOW.

Box Contents

Staples- Potatoes – Whites are ‘Valor’, pink/whites ‘Ambo’ and reds ‘Romano’, all good all-rounders. You may also get ‘Pink Fir Apple’ and ‘Charlottes’, both salad potatoes and ‘Aran Victory’ – purple skinned roasting potato. Onions and carrots continue weekly. Our own onion stocks are low after a poor crop this year, so we are buying some in now from an organic grower in East Anglia, and should still have some of our own left for the New Year when there will be less UK ones available.

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

Salad – the mixed salad bags should still be in the boxes weekly during November.

Others We also have swede, parsnip, beetroot, celery, celeriac and rocket. The recent green cauli was from Andrew Ward, an organic grower from near Canterbury and we may source some more cauli from him during November.

Squash Still available are spaghetti, butternut, red kuri, delicata and crown prince – see our new squash leaflet enclosed for identification and cooking suggestions.

Wye Farmers Market The next few dates are Nov 7th and 21st and Dec 5th & 19th

Whitstable Farmers Market The next few Market dates are Nov 14th and 28th and Dec 12th & **SUNDAY 20th Dec**

Extras with Boxes The following can be ordered as extras with your standard box	White Potatoes	80p / kg
	Charlotte Salad Potatoes	£1.50 / kg
	Carrots	£1 / kg
	Onions	£1 / kg
	Spinach	£1 / 250g bag
	Mixed Salad	£1.20 / bag
	Squash	£1.50 / kg
	Beetroot	£1 / kg

Spaghetti Squash – Lief delivers some of our veg. and recommends this method of cooking. Cut the top off the squash and scoop out the seeds, cut a small slice off the bottom so the squash has a flat bottom, stand in a dish of water, (but don't let any of the water get into the squash) and bake in a medium oven for about 30-40 mins, until flesh is tender and comes away in strands. Add butter and eat as is.

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