

Ripple Farm Organics

LOCAL & ORGANIC

Crundale, Nr Canterbury, Kent CT4 7EB

01227 730898 (answer phone)

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



November 2011 Newsletter

We had a few frosty mornings in October, but other than that it has been a fairly mild month with lots of sun, which helped to ripen up our squash crop. They are all harvested now and in store for the months to come. And we have almost finished the potato harvest too, just 5 more rows left.

Farm Walk Thanks to all who managed to come on our farm walk, despite our directions not being very clear! (apologies for that). It's always good to meet our customers, new and old. The winner of the 'Guess the weight of the pumpkin' this year was Jasmine Sudworth, who wins a free veggie box, with Mark Thatcher a close 2nd, winning half a free veggie box! And 20 of the small squash weighed the same as the big pumpkin, so well done to Thomas, who was the closest.

Carrots We lost 2 acres of newly sown carrots in the drought earlier this year, so will not have enough of our own to keep the box scheme supplied. We are buying-in some carrots for now while there are still UK organic ones available (from Yorkshire and Suffolk) and will keep some of our own back for the New Year.

Apples We have our own organic 'Spartan' apples (£1.60 / kg) at the moment and will have others from Little Knell Farm again once these are finished. We also have 'Lord Derby' organic cooking apples from Burscombe Cliff Organic Farm, Egerton at £1.30 /kg.

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 October will be 'Cosmos' a tasty all-rounder, reds are 'Amorosa' a lovely, slightly firm variety, the favourite of many of our staff. Also there's 'Charlotte' a well known salad variety (but not very waxy this year due to the dry growing conditions) and 'Arran Victory' – a purple skinned roaster, very dry so don't try to boil it. Onions (ours, from store) and carrots (bought-in for November, see above) continue weekly.

Greens – Seasonal greens are leeks, broccoli, green and rainbow chard, cabbage, spinach, kale and sprouts. We are growing 5 different varieties of kale this year – curly green, curly red, Russian Red, Cavolo Nero and Hungry Gap, and you may get bags of one variety or mixed bags.

Salad Mixed leaf salad bags will be in the boxes most weeks .

Others – Also through October you may receive beetroot, squash, cauliflower (3 varieties of cauli are all coming ready at once after the mild October weather), red cabbage, celery, celeriac and swede. You may get small Butternut squash, Red Kuri or cut pieces of Crown Prince.

Wye Farmers Market Nov 5 and 19, Dec 3 and 17, and 24 Dec Christmas Market 9am-12midday.

Whitstable Farmers Market Nov 12 and 26 and Dec 10 and *Sunday 18th* at 9.30-2pm

Extras with Boxes All Organic The following can be ordered as extras with your standard box	New Potatoes white/red	70p / kg	10kg = £6
	'Pink Fir Apple' potatoes	£1 / 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 'Spartan' (our own)	£1.60 / kg	
	Cooking Apples (Burscombe Farm)	£1.30 / kg	

Cauliflower and ginger soup. I hadn't tried cauliflower soup until recently, when I had some at 'The Farmhouse' restaurant, Canterbury and was surprised by how tasty it was. I adapted a Maddhur Jaffrey recipe to make my own, more spicy, version. Fry together 2 medium onions and 4 cloves of garlic in sunflower oil for 5 mins. Then stir in a teaspoon each of ground cumin, coriander and ginger and a sprinkling of turmeric. Add 1.2 litres of vegetable stock, 225g peeled and diced potatoes and 225 g cauliflower. Bring to the boil and simmer for 10-15 mins, until the potatoes are soft, then blend and serve.

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