

# Ripple Farm Organics

## LOCAL & ORGANIC

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### September 09 Newsletter

September and October are busy harvesting times for vegetable growers and we have already harvested our onions so have got off to a good start (unfortunately one reason for being ahead is that the onion harvest is 50% less than expected due to mildew).

August has given us lots of sun, which the squash are enjoying, so we're hoping for a good crop of those this year, we'll leave those growing and soaking up the sun for as long as possible. September will see the start of our potato harvest, so far we have been harvesting week by week, but now we need to get all the potatoes out of the ground and store them for use until next May/June.

**Farm Walk** – Our annual farm walk for our customers will be held on Sunday October 25<sup>th</sup> – more details next month

### 'Pink Fir Apple' potatoes in the boxes 3<sup>rd</sup> September

Old Victorian Variety (1850), most likely of French origin, but now only found in the UK. The skin is pink and thin and the flesh waxy making it an ideal salad potato. It is very knobbly so best to cook whole in its skin- delicious hot or cold. This variety has to be picked up by hand as its shape makes it unsuitable for our potato harvester

### Box Contents

**Staples**- 'Pink Fir Apple' (see above), 'Madeline' (fairly waxy, good as salad potato), 'Amorosa' (red skin) and 'Charlotte' to come during August. Onions are in the boxes weekly now. Carrots continue weekly, they will have the tops taken off now.

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

**Salad** – the mixed salad bags will be in the boxes weekly during September.

**Others** you may also have tomatoes, aubergines, sweet peppers, 'Hungarian hot wax' chilli peppers, beetroot, courgettes, celery, rocket and basil over the coming weeks.

**Sweetcorn** –we have another variety to come so should be able to put these in the boxes for most or all of September. We have plenty this year so are putting 2 or more in each box.

**Squash** The first of the squash to be ready will be the summer squash (yellow, UFO shaped, try cutting into chunks and roasting, or frying, the skin is edible but tough, so best to peel),

**Wye Farmers Market** The next few dates are Sep 5<sup>th</sup> & 19<sup>th</sup> and Oct 3<sup>rd</sup> and 17<sup>th</sup>

**Whitstable Farmers Market** The next few Market dates are Sep 12 & 26 and Oct 10<sup>th</sup> & 24<sup>th</sup>

<b>Extras with Boxes</b>	<b>New Potatoes</b>	£1 / kg
	<b>Charlotte Salad Potatoes</b>	£1.50 / kg
	<b>Onions</b>	£1 / kg
	<b>Spinach</b>	£1 / 200g bag
	<b>Mixed Salad</b>	£1.20 / bag (lower price for summer)
	<b>Summer Squash</b>	£2 / kg
<b>The following can be ordered as extras with your standard box</b>	<b>Sweetcorn</b>	80p each

**Sweetcorn** are great for those late summer barbeques, remove the tassels but leave the husk on, soak in a bowl of water for 10 mins before putting on the bbq for 10-15 mins. If you forget to soak them, put straight on the bbq still in their husks for a more 'charred' flavour! You can eat sweetcorn raw, straight off the cob, but steamed for 10 mins and brushed with a little butter is delicious and easier on the teeth.

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