

# Ripple Farm Organics

## LOCAL & ORGANIC

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### September 2011 Newsletter

It's September already, which is the start of our harvest of winter stored crops. Our onions are lifted, and we look to have a good crop, now we need to pick them up (done by hand); preferably after a bit more sun to dry/cure them. Then it will be onto the maincrop potato harvest, thankfully not picked up by hand except for an old salad variety called 'Pink Fir Apples', which have a very knobbly shape, look out for these at our markets, they are also available to order as an extra.

And not only is it September, it's 'Organic September' a whole month of promotional activities and offers by the Soil Association, the leading organic certification body in the UK. See [www.soilassociation.org](http://www.soilassociation.org) for information. If any of our current customers recommend a friend to our box scheme during September, they will receive credit for a free box themselves and the new customer receives their 4<sup>th</sup> box free if they pay for 3. Just mention 'Organic September'.

**Apples** Organic apples grown by Little Knell Farm (Soil Association), at Ash near Canterbury are available to order as an extra with your vegetable box. We have 'Discovery' at the moment, and will have other varieties to follow on (Katie, Worcester and Cox). They are priced at £1.60 / 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, onions and carrots continue weekly. New potatoes in the boxes will be 'Accent' white skinned, round potato, classic new potato taste, 'Charlotte' very tasty salad potato and 'Amorosa' red skinned new potato. We continue to harvest our own carrots and onions.

**Greens** – Seasonal greens are green and rainbow chard, cabbage, spinach and kale. We have curly kale, Cavelo Nero/black kale and red Russian kale which may be packed in mixed bags or in the stir-fry bags. We may start harvesting leeks during September.

**Salad** – Mixed leaf salad bags will be in the boxes most weeks and you may also receive whole lettuce including red and green cos, red and green oakleaf, little gems and butterhead.

**Others** – Also through September you may receive calabrese, beetroot, runner and flat beans, tomatoes, courgettes, garlic, basil, bell peppers, chilli peppers, aubergines, summer squash and sweetcorn

**Wye Farmers Market** Sep 3 and 17 and Oct 1<sup>st</sup> and 15th, 9am-12midday.

**Whitstable Farmers Market** Sep 10 and 24 and Oct 8 and 22 at 9.30-2pm

**Bridge Farmers Market** Sep 10 and 24 and Oct 8 and 22 (we will be there Sep 10 and Oct 8), 9am to 12 midday

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|-----------------------------------------------------------------------------------------------|----------------------------------------|-------------------------|
| <b>Extras with Boxes</b><br><br>The following can be ordered as extras with your standard box | <b>New Potatoes white/red</b>          | 80p / kg      10kg = £6 |
|                                                                                               | <b>'Pink Fir Apple' potatoes</b>       | £1 / kg                 |
|                                                                                               | <b>Salad Bag</b>                       | £1.20 / bag             |
|                                                                                               | <b>Kale</b>                            | £1 / 250g bag           |
|                                                                                               | <b>Spinach</b>                         | £1 / 250g bag           |
|                                                                                               | <b>Carrots</b>                         | £1 / bunch              |
|                                                                                               | <b>Un-cured onions</b>                 | £1 / kg                 |
|                                                                                               | <b>Organic med. eggs (Andrew Ward)</b> | £1.50 for ½ dozen       |
|                                                                                               | <b>Organic apples (Knell Farm)</b>     | £1.60 / kg              |

**Courgettes** – it's that time of year when you can easily find yourself with a glut of courgettes and not sure what do with them. My favourite methods are simply to shallow fry in olive oil so they still have a bit of crunch, and just add salt or coated with oil and dried herbs and cooked on a skewer on the bbq. They are good roasted too and they are one of those vegetables that have a subtle flavour so are good at soaking up other flavours. I like to cook more than I need and use the leftovers the make a dip/spread, you can either mash them or use the blender depending on how smooth you want the dip, then add garlic and /or whatever fresh or dried herbs and spices you want, I like to add fresh mint and a small amount of natural yoghurt.

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

