

CHICKENS & EGGS

We have just added 10 organic free range Columbian Blacktail hens to our already established flock of Warrens & Marans.

Columbian Blacktails are a lovely hen and have been made famous by Waitrose. They are a chestnut coloured chicken with black tips to their tails. It was heartening to visit the organic chicken farm in Arlingham just across the river and see first hand how large flocks can live happily in an high welfare environment, with plenty of everything a chicken needs. We have chosen these because they are easy to manage and adapt well to the circumstances in which they find themselves. They suit a small garden group and are hardy birds. We were told to expect around 300 eggs a year per chicken!

If you wish to add eggs to your weekly delivery please let us know. **£1.45 1/2 dozen.**

P.S Our prized Faverolles have started laying too! Its a smaller egg but jam packed full of goodness, colour and flavour!

BOX-SHOP!

We are working on a new online shop, our last was a little slow and didn't flow well. We hope to launch our new version in the Spring. You will then be able to add any groceries listed and have them delivered to your door with your organic veg box. We would like to think that you'll have no excuses then not to cook at home each day with the healthiest most nourishing fresh organic veg and produce.

To invite you to order online we will need your current working e-mail address, this is also this is an excellent format for us to contact you throughout the year with promotions, news, dates and account balances.

Please be assured that your information is stored for box business only.

NAME: _____

E-MAIL: _____

NEWS FROM THE VEGGIE PLOT

We hope to plant out the rest of our rhubarb crowns our raspberry canes and Jerusalem artichokes over the next six weeks, and begin to raise leeks, peas, radishes, spinach and summer cabbage in the greenhouse.

Most of the broad beans, onions and garlic have survived the winter so far, fingers crossed for milder weather to come.

The other growers we work with have once again offered assistance in planning our plot, bed forming the land and imparting valuable knowledge in how to best grow outside organically - we are indebted to them.

MEAT DELIVERIES

The Child's family have farmed at Cowshill Farm since 1947. Their award winning Berkshire pork and Gloucester beef herd are not fed on any concentrates, growth promoters or chemical additives.

The meat is butchered and packed at the farm - no stress and no unnecessary food miles.

For Glenn and I it is a real pleasure to be working with the Child's as they are a principled family putting the welfare of their animals and their traditional rearing as a top priority. For further information on Cowshill Farm you can visit the farm or their website

www.cowshillfarm.co.uk.

Rare breed Berkshire pork

Sausages @ £3-4 per pack of 6

Chops @ £3-4 per pack of 2

Shoulder boned & rolled @ £9 per kg

Belly slab @ 7kg

Belly slices £2-£3 per pack of 2.

Loin boned & rolled @ £13 per kg

Rare breed British lop bacon

Middle cut @ £2-4 per pack

Streaky @ £2-3 pack

Ham boned & rolled @ £13 kg

Rare breed Gloucester beef

Topside @ £16 per kg

Finest Steak mince @ £5 per 500g pack

Sirloin rolled on steak @ £25 per kg

We can deliver a selection of meat with your veg box each week at no extra charge, but please place your orders by Monday midday.

Contact us at:

boxes@fourseasonsfoods.org

01594 531410

Or text 0780 5729893

RECIPE IDEAS - CABBAGES

White cabbage lends itself to crunchy coleslaws and so does red (purple slaw). You can try a sweet & sour red cabbage or a favourite quick and simple recipe of ours cabbage and mixed pepper stir-fry. Minty cabbage is a great accompaniment to pork, just cook the cabbage for a few minutes, drain and add mint sauce to taste. Savoy's & January Kings are great greens on their own when lightly cooked but thrown together with leeks bring a lovely sweetness to the greens. The golden rule with almost any brassica or beet leaf is to keep the cooking time short, stick to this and you'll not have any trouble eating your greens, remember too that organic cabbages (and all veg) have wonderful flavour.

CAMPAIGN LINK

Bramley Apple Week 2011

takes place between 6-13 February and is a celebration of the versatility of the world's best cooking apple.

For great Bramley recipes go to:

www.bramleyapples.co.uk

Fairtrade fortnight

Your chance to make a difference with your consumer £. Much of what we offer in our boxshop is fairtrade & ethnically sourced which is very important to us. From sugars and dried goods to fresh bananas and pineapples, we support fair-trade principles whenever possible.

Visit - www.fairtrade.org.uk