



# Your Weekly Newsletter

# Church Farm



Friday 12 November 2010

## What's going on down at the Farm?

- A **sow farrowed** at the weekend. She had 9 piglets - sadly we lost two due to the wet and cold on Monday.
- We **weaned 3 litters** last week and they've now been served so we hope for 3 big litters next March.
- The **rams are doing a great job** - we can tell which ewes have been served by putting a harness on the rams. This leaves a crayon mark on every ewe mounted.
- The **turkeys are growing well** and are enjoying their pen in the woods. Did you know that all poultry came from jungle fowl so **naturally they like trees** and cover rather than open fields. As a result we also rear "Poulet Anglais" meat chickens in woods and our laying hens live in our new orchard.

## From Field to Fork - Cafe & Store

- Order your free range **Christmas turkey, goose, duck and ham** in Store today!
- Look out for our **new winter menu** in the Cafe.

## Farm Butchery - Just arrived in Store

- Wonderfully tender Lleyn lamb
- Flavoursome Label Anglais Chicken
- Local Partridge and Pheasant
- Berkshire Pork
- Knebworth Park Red Deer Venison

## Why rural matters more than ever...



## A Note from the New Grower



Hello, my name is Kate Pheasant and I am the new Head Grower here at Church Farm. Over the past month, I have been exceptionally busy settling into my new home and familiarising myself with the farm. With sustainability, food miles and large scale use of chemicals becoming increasingly scrutinized, I believe that locally grown, chemical free food is more important than ever. It is exciting to recognise the real power we all have to drive positive change and fantastic to see the support of all our customers and visitors. I'd like to thank you all for being a part of it!

During my time here, I have been given some really useful feedback from you, and as such will now be providing you with a regular update including a list of vegetables included in your box every week. I'd really value any further feedback, so if you have any questions, comments or suggestions, please email me at [kate.pheasant@churchfarmardeley.co.uk](mailto:kate.pheasant@churchfarmardeley.co.uk)

Kate :)

p.s. I'm especially pleased with our butternut squash harvest, the results of which you will see in your box this week. They're delicious cut into chunks, drizzled with a little olive oil, seasoned with salt and pepper and roasted in the oven!

## Items in your box this week:

### Extra Small (6 varieties)

Potatoes, carrots, onions, swede, butternut squash and brussel sprouts

### Small (8 varieties)

Cauliflower and spicy salad.

### Medium (10 varieties)

Leek and radish

### Large (12 varieties)

Rocket and beetroot

### Extra Large (15 varieties)

Fennel, jalapeno peppers and garlic.



Please note that these are standard items, if you have asked not to be supplied with a particular vegetable and it appears above, a substitute will be provided in your box.

## Check this out...

### Good Looking Food VS Real Food

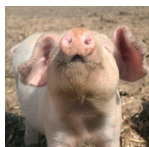
'Good looking' food is a big factor in the supermarket trade. Commercial breeders and factory farms, aim for picture perfect, pristine produce, using an arsenal of chemicals, intensive production methods and fast growing hybrid breeds. For example most supermarket pork tends to be from Large White and Landrace hybrid pigs, a fast growing, huge pig, bred for leanness and selected for its length in order to maximize pork sales. In part due to the British obsession with lean meat, the increase in industrial pig farming has caused the dramatic decline in traditional outdoor pig numbers, with breeds such as the Berkshire and British Lop now endangered. Free-range, rare-breed pork will generally be a deeper pink colour than commercial pork and will carry extra fat which actually keeps the meat moist and succulent during cooking. Thank goodness supporters of 'real' food are willing to trade manipulated 'good looks' for produce of sound provenance, great flavour, and, in the case of our animals, humane nurture.

#### Sources:

[http://www.chalkyridge.com/brochure\\_en\\_1.html](http://www.chalkyridge.com/brochure_en_1.html)

<http://www.mcf.org.uk/jamie-saves-our-bacon.php>

<http://www.pigbusiness.co.uk/take-action/act-as-a-consumer/supermarkets/>



Walk the footpaths and see how our rare breed pigs are reared at any time - for FREE!

## Recipes of the Week

### Stuffed Pork Belly with Apples

Serves 6

#### Ingredients

pork belly – 1.5kg, boned and scored  
5 herby butcher's sausages  
a large, sharp apple  
small sage leaves – 6  
a little oil or pork dripping  
a little glass of cider



#### Method

1. Set the oven at 220°C/Gas 8. Lay the pork belly flat on a work surface. Remove the sausages from the skins and put the filling into a bowl. I am tempted to suggest a little more salt and black pepper, but you alone will know the seasoning of your butcher's best. Peel, core and roughly chop the apple, then stir it into the sausage meat with the whole sage leaves. (The leaves are cooked whole so they add a subtle note, and you can remove them as you carve.)

3. Put the sausage meat down the centre of the pork then roll the meat up to form a thick cylinder. Tie with kitchen string down its length to secure the stuffing. Unless you are very professional at tying meat up, it will bulge out here and there, but no matter. Lightly oil the base of a roasting tin, lay the rolled pork in the tin, and season the skin thoroughly with salt and pepper.

4. Roast the pork in the preheated oven for 20 minutes, then lower the heat to 200°C/Gas 6 and continue cooking for 40-50 minutes until the juices run clear. Remove the meat from the tin and keep warm.

5. Pour off much of the fat from the roasting tin (there will be quite a lot). Put over a moderate heat. Pour in the cider and bring to the boil, scraping at the pan stickings and stirring them to dissolve them into the cider. Check the seasoning. Carve the pork and serve with the hot pan juices.

Source:

<http://www.guardian.co.uk/lifeandstyle/2009/oct/11/nigel-slater-recipes-pork-belly>

### Bashed Neeps and Carrots

Serves 8

#### Ingredients

12oz (350g) swede, cut into 1½ inch (4cm) chunks  
12oz (350g) carrots, cut into 1½ inch (4cm) chunks  
1 level teaspoon butter  
salt and freshly milled black pepper

#### Method

1. Place the swede and carrots in a saucepan with some salt and enough boiling water just to cover the vegetables. Bring it up to the boil and simmer gently for about 15 minutes or until the vegetables are tender but not mushy.

2. Drain them in a colander, then either delegate someone (men are more patient with these things) to chop and chop with a sharp knife until the vegetables are minutely chopped – or else pop them in a food processor and use the pulse button with caution.

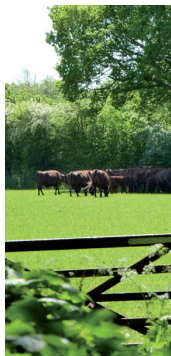
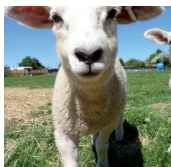
3. Transfer the vegetables to a warmed serving dish, chop in the butter and some freshly milled pepper, then serve.

Source:

<http://www.deliaonline.com/recipes/type-of-dish/party-food/accompaniment/bashed-neeps-and-carrots.html>



*"The 'neep' in question is what we in the South call swede. The combination of finely chopped swede and carrots with a little butter and coarsely ground pepper is colourful and very good." Delia*



## Weekly Farm Boxes & Farm Membership

only 100 memberships left!

As you know it is more than just a box scheme, everyone who orders a weekly farm box receives free farm membership.

#### FREE Farm membership

Members gain a deeper involvement with the farm, and build a connection to the land and the food produced from it. Their support helps the farm's diverse activities to flourish. Membership is limited to 200 people, matching the farm's traditional, sustainable levels of productivity. There are only 100 places left.

#### Membership Benefits

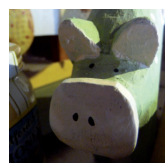
- Free family farm tractor tours each season
- Hands on farm experience days
- Weekly newsletters and updates
- 20% discount on all activities, events, camping & courses

### The Real Christmas Market at Church Farm

*Packed with recycled, home-made, fair trade and locally produced gifts – all created or supplied by local people.*

Jams, preserves, cards, hampers, wreaths, cakes, gingerbreads, felt bags, soft interiors, clothing, books, home decorations, jewellery and more.

Open every Sunday until Christmas from 28th November



## Events, Workshops & Courses

- **Full Moon Walk:** Join Stephen Mason on Saturday 20th November for a guided walk around the farm in the moonlight with a cup of fair-trade hot chocolate. 7pm. £3.50.
- **Home Chicken Keeping:** Learn more about keeping chickens at home on Saturday 20th November. Full Day. £65.
- **Jewellery Making:** Learn how to assemble a collection of jewellery pieces from beads and charms on Sunday 21st November. 11am-2pm. £28.50

## Rural Care - Co-farmers at work

- This week, the team have been stepping up their efforts to keep the **turkeys, geese and ducks** supplied with **fresh bedding** as the wet and cold weather comes.
- We also made our first **Christmas decorations with dried oranges and cinnamon**. Check them out in the Store where you can find them alongside our **hand-made bird feeders**.

CHURCH FARM, ARDELEY  
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