



Newsletter

June / July 2013

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What's In Season?

Local.....

- Swiss Chard
- Radishes
- Spearmint
- Rhubarb

UK.....

- Lettuces
- Cucumber
- Tomatoes
- Cauliflower
- Asparagus
- Spring greens
- Cabbages
- Herbs!
- Pak choi
- Perpetual spinach

Coming Soon.....

- UK new potatoes
- Perpetual spinach

Meet our suppliers - Wold's Cottage Kitchen

Located in Wetwang, in the heart of the East Yorkshire Wolds, Wolds Cottage Kitchen is the brainchild of Melanie Moss, a self-taught cook with 16 years experience, making delicious food using local ingredients and producers.

Born out of the desire for local food and great tasting produce, Melanie is passionate about making great tasting food with no nasties and launched Wolds Cottage Kitchen in February 2011. WCK make a variety of

delicious (non organic, locally produced) marmalades, curds, cordials, chutneys, relishes and pickles, jellies and sweet treats. And guess what, you can have these products delivered with your organic veg box!

The company only produce their products in small batches using traditional open pan methods. This guarantees a great taste!

You won't find any added salt, artificial colourings, flavourings or preservatives

in any of the products and they are all suitable for vegetarians. Without any of these additives there is much more room to pack in more fruit!.



Bob & Jane Slater's update....

There were some feeble attempts on the part of May to deliver some suitably seasonal weather, but just as it seemed to be warming up, the cold north east winds returned. This meant that Bob had to hold back on planting out produce from the polytunnel; and as there was no useful rain until the middle of the month, he had to irrigate the earlier sown carrots and planted out onions, which were badly in need of moisture.

The cold spring has a lot to answer for - the healthy seedlings in the polytunnel can become 'root bound' in the module trays; and when

conditions do improve, it means Bob has a huge backlog of plants which all need to be planted out at the same time. To further complicate matters, the local pigeons decided that our brassicas would make an ideal meal; and the only way Bob could deter them was by covering everything in horticultural fleece. This is not as simple as it sounds – fleecing is time-consuming and difficult to do in windy conditions, especially when Bob is doing it on his own. It is no mean feat to position and secure a 100 metre length of 1.5 metre wide fleece; if the wind gets underneath, it can make a dreadful mess, and Bob has

had quite few battles to control the billowing fabric.

In anticipation of warmer weather (ever the optimist!) Bob spent some time in the middle of May erecting the bean supports. He uses 8 feet bamboo canes placed 2 feet apart at the base and held together at the top in an inverted 'V' shape by plastic tie-wraps. (With infinite patience, Bob always undoes these at the end of each season so they can be reused.) He also puts cross canes at the top to provide a good solid structure.

As the season progresses, weeding becomes a very important job. Cont'd...

Other updates!

Market Stalls Come and meet us!

Prospect Centre Food Hall (upstairs, UP market) 2nd and 4th Saturday of every month

Hornsea Food Market
4th Saturday of every month. Primary School - town centre until October.

Off on our Jollys!
we'll be closed from Saturday 3rd to Saturday 17th august (price lists will be sent out thursday 15th august for w/c 19th august)

Weekly Updates
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Continued..

Our small rotovator is the best tool for quick weeding between the rows. It works best when dragged along backwards, as close as possible to the crop row; the spinning tines churn up the soil, digging up any weeds, and the dug-up soil can be aimed between the growing produce to cover any weeds. Walking backwards with a piece of equipment capable of destroying the developing plants can be a daunting prospect; but Bob can approach this task with confidence, as he always ensures that plants are evenly spaced and in straight lines. Mind you, he always has an air of determined concentration when wielding the rotovator, ever on the lookout for that unexpected bend in a line that could spell disaster!

I too have been on weeding duties, but of the manual variety. It is very satisfying to look back at the part of the row you have cleared, but somewhat discouraging to then peruse the remainder of the 100 metres stretching before you as if to infinity! My travails are usually accompanied by the restrained tones of Radio 4, but I recently discovered Gold. PLAYING THE GREATEST HITS OF ALL TIME – the presenters definitely speak in capital letters. So now I shimmy and wiggle and sway my way down the row, singing along to all those tunes I remember so well. Only time will tell how the onions respond to such treatment, but it certainly makes the job more fun for me.

Our strawberries are now beginning to set fruit, and the rhubarb is still producing well, so do get in touch if you would like some.

This year we decided not to take part in the nationally organised Open Farm Sunday, but we do plan to have our own open day sometime in July, when more of our produce will be available. Keep a look-out for more details.



Bob Slater's Sautéed Chard with Garlic

Serves 4

0.5kg/1lb chard
2 cloves garlic, peeled and crushed
1 onion, finely chopped
juice and zest of 1 small orange
1 tbsp oil
salt and pepper

Take the chard leaves off the stalks and shred the leaves and stalks finely. Keep them separate.

Heat the oil in a large frying pan or wok. Add the onions and the chard stalks and stir-fry for 3-4 minutes until starting to soften.

Add the garlic, chard leaves and orange zest and mix together. Season well and stir-fry for another 2-3 minutes until the leaves have wilted.

Stir in the orange juice, warm through, then serve at once.

Eating for Health! - by TWS Wellness

Cool info about Fats

Despite what the media may tell you, saturated fats of the 'right' kind in moderation can actually be beneficial for your health!

The real villains are trans or hydrogenated fats which can be hidden in lots of products but never organic ones!

Examples of good saturated

fats that we sell are organic, cold pressed coconut oil (Biona) - great for use at high heat when cooking and organic butter. Both are delicious alternatives to those fake looking spreads out there!

Other good fats we sell... (not saturated)

In general, the more natural and unprocessed the

product, the better. Cold pressed organic olive oil is great, but best cold on salads etc

Organic eggs such as Jenny Webb's are an awesome source of Omega 3 fats.

And there are many more. To read more, check out any info by Paul CHEK (no pun intended!).

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