

Priory
Free Range
Foods

Newsletter April 2006

www.prioryfreerangefoods.co.uk

Opening Times

Friday – All Day

Saturday – Morning

Customers are welcome at any time but best to phone first to check we are here

Delicious Organic Eggs

Our pretty black hens are now producing lots of fantastic dark brown eggs which taste delicious! They are good value too at £1.25 for half a dozen or £2.00 for a dozen. (Tesco in Sleaford sell organic eggs for £1.28 and Somerfield for £1.49.) Our eggs are certified organic by the Soil Association who set much higher welfare standards than the organisations who certify the organic eggs in the supermarkets. Plus buying from us, you know EXACTLY where your eggs have come from. Even come and meet the chickens if you wish – we enjoy showing people what we are doing!

Our pork on the menu at the Queen's Head

We are pleased to announce that our pork and sausages will be a regular Sunday lunchtime feature on the menu at the Queen's Head, Kirkby la Thorpe. The Queen's Head specialise in serving quality local produce which is cooked to perfection. So, if you don't fancy cooking the Sunday roast, why not pay this fantastic restaurant a visit?

Lambs due soon

Our sheep are due to give birth to their lambs from the middle of May. We are lambing a bit later in the year than is traditional as we hope to lamb them 'naturally' outdoors in the spring sunshine rather than have to bring them inside. Hope to bring news of new arrivals in the May newsletter!

News from the Veg Patch

We have been very busy planting vegetable seeds – potatoes, onions, carrots, mange tout peas, beans (broad, runner and French!), sweetcorn, beetroot, fennel (bulb), shallots, leeks, cabbages, broccoli, calabrese, brussels sprouts, parsnips, courgettes, squash and several more! The first of these should be available to buy fresh from the farm in early July.

What is Home Grown?

Have you heard about the Local Food Challenge BBC Look North are setting? With the growing concern over the number of food miles most supermarket produce has travelled, the BBC are challenging families to buy all their food within 20 miles of their home without visiting a supermarket. It would be interesting to see if this is achievable in the Sleaford area and hope we can contribute to this. If you want to know more, visit

www.bbc.co.uk/lincolnshire/content/articles/2006/04/05/what_is_home_grown_feature.shtml

Don't forget our FREE DELIVERY Service

Just a reminder that if you phone or email us with an order worth over £10 we will deliver to your home free of charge on either a Monday or Thursday between 7 and 9pm. If these times are not convenient, please call and we shall be happy to make other arrangements.

**Mark & Heather Thorogood
Welton Farm
51 Priory Road
Ruskington
Sleaford**

Tel : 01526 832574

*Priory
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Free Range Pork Price List

As our farm is currently in organic conversion, all our pigs have been reared to full Soil Association organic standards including being fed on organic feed while in our care.

Lincolnshire Sausage	approx. £3.25 per pack of 8	(£6.50/kg)
Pork Sausage	approx. £3.25 per pack of 8	(£6.50/kg)
Pork, Tomato and Basil Sausage	approx. £3.25 per pack of 8	(£6.50/kg)
Pork Chops	approx. £1.80 per pack of 2	(£6.50/kg)
Pork Steaks	approx. £2.00 per pack of 2	(£7.00/kg)
Belly Pork	approx. £1.50 per pack of 3	(£5.00/kg)
Tenderloin	approx. £3.00 each	(£9.00/kg)
End of Loin Joint	Please request approx. size	£9.00/kg
Leg Joint	Please request approx. size	£6.50/kg
Shoulder Joint	Please request approx. size	£6.00/kg
Back Bacon	approx. £2.20 per 5 rashers	(£9.00/kg)
Streaky Bacon	approx. £1.80 per 8 rashers	(£7.00/kg)
Gammon Joint	Please request approx. size	£7.00/kg
Half Pig (weighs approximately 26 to 32 kg) (including free delivery within 10 mile radius of Ruskington)		£4.75 / kg
Quarter Pig (weighs approximately 13 to 16 kg) (including free delivery within 10 mile radius of Ruskington)		£5.25 / kg

If you order Quarter / Half Pig in advance, we can ask the butcher to prepare the pig to your own requirements at no additional cost eg. you may want the belly to be made in to streaky bacon or made in to sausages. You may want different flavour sausages or all the same etc.

In case you are wondering, half of one of our pigs takes up almost 3 of our large delivery boxes. One of our boxes has internal dimensions 55cm long by 35cm deep by 19cm high.

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