



Newsletter August 2007

**OPENING TIMES**

**Friday – All Day**

**Saturday – Morning**

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

**Fresh Pork**

We have fresh pork available in our shop every other week. The next couple of dates are :

Friday 24 & Saturday 25 August

Friday 7 & Saturday 8 September

Our freezers are well stocked if you happen to visit at other times.

**Yummy, yummy fresh organic veg!**

If you have visited our shop recently, you will know that a good proportion of the vegetables we have for sale now are ours that we have grown on the farm.

There have been winners and losers as far as the appalling wet summer is concerned. The early potatoes are fantastic and the lambs are growing well due to the extra grass. Most vegetables have struggled more this year; there is a high degree of disease about and soil nutrients have leached more than normal. Being organic there is very little we can do about such problems. Hence this is why organic produce must be more expensive than conventionally grown produce. Please see overleaf for the latest list of what we have available.

**Foot and Mouth**

We had a few days of 'holding our breath' during the recent Foot & Mouth outbreak and feel the country is not quite out of the woods yet until we have seen out the incubation period following the last case. Pleased that Defra banned all animal movements across the country immediately, despite the temporary headaches this caused and, needless to say, thorough cleaning and disinfecting of all vehicles on and off the farm is occurring.

**Are we your Local Food Hero?**

We are proud to say that one of our customers has nominated us as their Local Food Hero - a national competition being run by the UKTV Food channel. If you wish to vote for us, please visit [www.uktv.co.uk/food/localfoodhero](http://www.uktv.co.uk/food/localfoodhero). You have until the 20<sup>th</sup> August!

**FREE DELIVERY! for all orders over £10 within 10 miles of Ruskington – Simply phone or email us with your order and we'll do the rest!**

**[www.prioryfreerangefoods.co.uk](http://www.prioryfreerangefoods.co.uk)**

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# PRICE LIST August 2007

## FREE RANGE PORK

*Our pigs are organic but the pork loses its organic status because there is no organically registered butcher in Lincs. We hope to set up our own organic on-farm butchery shortly.*

Lincolnshire Sausage	approx. £ 2.80 per pack of 6	£ 6.50 / kg
Pork Sausage	approx. £ 2.80 per pack of 6	£ 6.50 / kg
Chipolatas	approx. £ 3.14 per pack of 16	£ 7.00 / kg
Pork Chops	approx. £ 1.80 per pack of 2	£ 6.50 / kg
Loin Steaks	approx. £ 2.00 per pack of 2	£ 8.00 / kg
Belly Pork	approx. £ 1.50 per pack of 3	£ 5.00 / kg
Tenderloin	approx. £ 4.50 each	£ 11.00 / kg
Boned & Rolled Loin Joint	Please request approx. size	£ 7.00 / kg
Boned & Rolled Leg Joint	Please request approx. size	£ 6.50 / kg
Boned & Rolled Shoulder Joint	Please request approx. size	£ 6.00 / kg
Diced Pork for casseroles	approx. £ 3.00 per pack	£ 6.00 / kg
Liver		£ 4.00 / kg
Kidney		£ 4.00 / kg
Heart		£ 4.00 / kg
Trotters		£ 1.40 / kg

## ORGANIC VEGETABLES

Avocado	£ 3.70 / kg	Garlic	£ 0.30 per bulb
Beans, Fine 'Kenyan'	£ 5.95 / kg	Lettuce	£ 1.00 each
Beans, French	£ 3.20 / kg	Lettuce, Gem	£ 0.50 each
Beans, Runner	£ 3.20 / kg	Mushrooms (chestnut)	£ 4.60 / kg
Beetroot	£ 1.50 per bunch	Onions, White	£ 1.80 / kg
Cabbage – Spring Green	£ 0.70 each	Onions, Red	£ 2.50 / kg
Cabbage	£ 1.00 each	Peppers	£ 6.00 / kg
Calabrese	£ 3.00 / kg	Potatoes, Baking	£ 1.20 / kg
Carrots	£ 0.80 per bunch	Potatoes	£ 1.00 / kg
Cauliflower	£ 1.20 each	Spinach	£ 1.00 / 160g
Courgettes – green	£ 2.60 / kg	Squash, Summer	£ 1.90 / kg
Courgettes – yellow	£ 2.90 / kg	Sweet Potato	£ 2.90 / kg
Cucumbers	£ 1.00 each	Tomatoes, cherry	£ 5.25 / kg
Cucumbers - mini	£ 0.45 each	Tomatoes, plum	£ 3.00 / kg
Fennel	£ 1.75 / kg		

## ORGANIC FRUIT

Apples	£ 2.50 / kg	Oranges	£ 1.90 / kg
Bananas	£ 1.85 / kg	Pears	£ 2.40 / kg
Clementines	£ 2.50 / kg		

## ORGANIC FREE RANGE EGGS

£1.30 per half dozen / £2.40 per dozen