



Newsletter June 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 dates for June are :

Friday 1st & Saturday 2nd June

Friday 15th & Saturday 16th June

Friday 29th & Saturday 30th June

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

New Season Veg

Before the end of June, we shall have new potatoes, beetroot, carrots, lettuce, courgette, rocket, radish, spring onions and broad beans all grown on our farm.

As recent visitors to our shop will be aware, we have extended the range of organic produce we sell to include fruit and other types of vegetables such as sweet potato, peppers, mushrooms, avocado and many more!

Lamb

Our lambs are growing well thanks to plenty of milk from their mums and grass, which has managed to keep growing because of some very timely rain.

If you would like to buy some lamb, please make sure your name is down on our list because demand is high for our unfortunately limited supplies. Lamb should be available from the end of September.

The Organic Box Scheme

Thank you to everyone who has expressed an interest in our organic box scheme. We are pleased to announce that we shall begin delivering soon and will be in touch with you shortly if you registered interest. If you would like to know more details of our box scheme, please ask.

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

Mark & Heather Thorogood

Welton Farm

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PRICE LIST June 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

ORGANIC VEGETABLES

Asparagus	£2.00 per 250g	Mushrooms (chestnut)	£4.60 per kg
Cabbage – Spring Green	80p each	Onions, White	£1.80 per kg
Calabrese	£3.40 per kg	Onions, Red	£1.80 per kg
Carrots (washed)	£1.20 per kg	Peppers	£6.00 per kg
Cauliflower	£1.00 or £1.20 each	Potatoes, Baking	90p per kg
Chard	90p per 200g	Potatoes, Red	70p per kg
Courgettes	£3.00 per kg	Potatoes, Salad / Boiling	70p per kg
Cucumbers	£1.00 each	Radish	90p for 180g
Garlic	25p per bulb	Rocket	50p per 60g
Lettuce, Batavia	£1.00 each	Spinach	£1.20 per 200g
Lettuce, Gem	£1.00 for two	Sweet Potato	£2.90 per kg
Lettuce, Green Oakleaf	£1.00 each		

ORGANIC FRUIT

Apples	£2.50 per kg
Bananas	£1.85 per kg
Oranges	£1.90 per kg
Pears	£2.40 per kg

ORGANIC FREE RANGE EGGS

£1.30 per half dozen / £2.40 per dozen