



Newsletter May 2007

**OPENING TIMES**

**Friday – All Day**

**Saturday – Morning**

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

**Hungry Gap**

Its that time of year when fresh UK grown produce is in short supply, so until June, the types of vegetables available will be limited. But don't worry – its not long till June when we shall have new potatoes, new carrots, broad beans, radish, lettuce, rocket .....and we think the wait for these new season vegetables make them all the more special!

We have attached a list of the vegetables we hope to grow this year to whet your appetite!

**Organic Fruit**

Several customers have shown an interest in buying organic fruit. We hope to be able to offer organic fruit for sale (apples, pears, banana and oranges) from Friday 4<sup>th</sup> May.

**Fresh Pork**

We are pleased to say that we have fresh pork available in our shop every other week. The dates for this month are :

Friday 4<sup>th</sup> & Saturday 5<sup>th</sup> May

Friday 18<sup>th</sup> & Saturday 19<sup>th</sup> May

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

**Lambs**

If we seem a little more bleary-eyed than usual at the moment its because our sheep are lambing which means treks out to them in the middle of the night to check all is well. So far, we are pleased to say all is going very smoothly and we have some very strong, healthy lambs.

**Are you interested in signing up for an organic box in 2007?**

Thank you to everyone who has registered their interest in our Organic Box Scheme.

It's still not too late to register your interest in having a box of fresh, seasonal, delicious organic produce delivered to your door each week. To register, please fill in the attached form and return to us by the end of May. Please don't hesitate to phone us if you would like more information about the scheme.

**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)**

**Mark & Heather Thorogood**

**Welton Farm**

**51 Priory Road**

**Ruskington, Sleaford NG34 9DJ**

**Tel : 01526 832574**

# PRICE LIST May 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. £3.09 per pack of 6  | (£6.50/kg)  |
| Pork Sausage                  | approx. £3.09 per pack of 6  | (£6.50/kg)  |
| Chipolatas                    | approx. £3.50 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

|                           |                |
|---------------------------|----------------|
| Beetroot                  | £1.50 per kg   |
| Cabbage – Savoy/White     | £1.00 each     |
| Cabbage – Spring Green    | 80p each       |
| Carrots                   | £1.19 per kg   |
| Cauliflower               | £1.00 each     |
| Lettuce, Batavia          | £1.00 each     |
| Lettuce, Green Oakleaf    | £1.00 each     |
| Leeks                     | 30 - 50p each  |
| Mushrooms (chestnut)      | £4.50 / kg     |
| Parsnip                   | £2.80 per kg   |
| Potatoes, Baking          | 90p per kg     |
| Potatoes, Red             | 70p per kg     |
| Potatoes, Salad / Boiling | 70p per kg     |
| Spinach                   | £1.00 per 300g |

## ORGANIC FRUIT

Apple, Braeburn  
Banana, Fairtrade  
Oranges  
Pears

## ORGANIC FREE RANGE EGGS

£1.30 per half dozen / £2.20 per dozen

## **List of home grown vegetables for sale 2007/08**

### **Vegetable**

|                                |   |
|--------------------------------|---|
| Bean, Broad                    | Express   |
| Bean, French                   | Speedy, Safari, Slenderette (green), Royalty (purple), Hildora (yellow)                   |
| Bean, Runner                   |   |
| Beetroot                       | Boro (red), Chioggia (pink rings) and Golden (yellow)                                     |
| Broccoli (Sprouting)           | Early and Late Sprouting  |
| Carrots                        | Nantes 2, Ya Ya, Starca, Flyaway, Miami, Flakkee and Autumn King                          |
| Chard                          | Vulcan (baby leaf) and Rhubarb Chard  |
| Courgette                      | Dundoo, Nero Di Milano, Defender (green) and Soleil (yellow)                              |
| Florence Fennel                | Finale, Zefo Fino and Rondo   |
| Kale                           | Red Russian Curled  |
| Leeks                          | Bandit, Zermatt and Pandora   |
| Lettuce                        | Delight (Little Gem), Lollo Rossa, Simply, Malawi, Hardy, Solix, Salad Bowl, Paris Island |
| Mange Tout Peas                | Record  |
| Onions (Red)                   | Red Baron   |
| Onions, Salad                  | Ramrod (white), Purplette (red)   |
| Parsnips                       | Tender and True   |
| Potatoes                       | Colleen (early)<br>Cosmos (2 <sup>nd</sup> early)<br>Verity (Main crop)                   |
| Pumpkin                        | Jack O Lantern  |
| Radish                         | Cherry Bell and Patricia  |
| Rocket                         | Rucola and Wild   |
| Spinach                        | Giant Winter and Palco  |
| Squash (Summer)                | Sunburst  |
| Squash (Winter, various types) | Sweet Dumpling, Crown Prince, Delicata and Waltham Butternut                              |
| Sweetcorn                      | Lark  |

### **Organic vegetables sourced from other local farms**

|                  |                  |
|------------------|------------------|
| Asparagus        | Carrots          |
| Aubergine        | Cauliflower      |
| Brussels Sprouts | Cavalonero       |
| Cabbage – Spring | Cucumber         |
| Cabbage – Red    | Green/Curly Kale |
| Cabbage – Summer | Peppers, Sweet   |
| Cabbage – Savoy  | Potatoes         |
| Calabrese        | Tomatoes         |

# Priory Free Range Foods Organic Produce Scheme

**Please return to us by the end of May**

I wish to register my interest in your Organic Produce Scheme but I am under no obligation to participate.

Name.....

Address.....  
.....  
.....

Tel.....

Email.....

Thank you for registering your interest and we shall contact you shortly to let you know if we are able to proceed further.

Mark & Heather