



NEW YEAR IN THE GARDEN ROOM

New Year in the Garden Room brings our own estate antler trowels, two and three-pronged forks; and our wonderful Daylesford garden gauntlets - using bitter chocolate suede from our own deerskins, and pure goat-hide leather. We have produced a tool roll to hold our estate antler tools, and a garden kneeler of oilskin and bitter chocolate leather - all Daylesford-made. The leather knee-pads, with their horse bridle leather, are supremely practical, comfortable and long-lasting. Look out too for our hemp bags, and our oilskin carriers for weeds - ideal for those who like to avoid unnecessary use of plastic.

POT POURRI

Daylesford's own pot pourris are now ready, in four magical mixtures - made entirely of botanical ingredients, with no fillers. You will detect the fragrance of artichokes, chillies, bay leaves, oranges, cloves, pine, limes, cinnamon, rose hips, petals, star anise, and pomegranates.



TASTINGS AND EVENTS IN THE FARMSHOP

Tue 3rd Jan	Farmshop reopens.
Sat 14th Jan	Cleansing weekend: Raw organic juice, fruit and vegetable tastings; Chinese teas at the Bamford Barn and special therapies in the Hay Barn.
Tue 24th Jan	Tour of the Creamery: 10am.
Sat 28th Jan	Supper Club: Thai menu.
Sat 11th Feb	Billecart Salmon Champagne Dinner: champagnes matched with each course, £75 pp.
11th /12th Feb	Valentine Weekend: chocolate 'workshop' with chocolate tastings, and tastings of Daylesford Organic smoked salmon.
Tue 21st Feb	Tour of the Creamery: 10am.
Sat 25th Feb	Supper Club: Thai seafood.
14th / 17th Mar	Daylesford at the Cheltenham Festival.
18th / 19th Mar	Slow Food weekend.
Sat 25th Mar	Supper Club: Irish evening with guest chef Richard Corrigan.

LOOKING FORWARD TO MARCH

You may wish to celebrate our Slow Food weekend on 18th/19th March, or book now for our special Irish Supper Club on 25th March, when we shall have the Michelin-starred Irish chef Richard Corrigan joining us. At his Lindsay House restaurant in London, and in his television work, Richard is a champion of natural native Irish ingredients; his passion for food and its sources is inspiring.



IF YOU CARE ABOUT THE FOOD YOU EAT AND THE FUTURE OF OUR COUNTRYSIDE...

join the Soil Association, Britain's leading organic organisation. Membership helps you to find out about the issues involved in growing healthy, sustainable food, to take part in debates, and to find sources of organic produce. Join online at www.soilassociation.org or telephone: 0117 914 2447

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NOTES FOR FOOD LOVERS FROM THE CREAMERY, GARDEN, KITCHEN AND BAKERY



WELCOME TO AN OLD FRIEND

If you look in the fields at Daylesford, you will see our new arrivals: rare breed Cotswold sheep, which we're delighted to be able to bring back to their ancestral home. Originally bred to thrive in the exposed conditions on our hills, the Cotswold was enormously popular for centuries until, with the demands of intensive farming, it dwindled to near extinction; there are less than a thousand in England today. The modern organic farmer, however, treasures its qualities of hardiness and thriftiness, and the wonderful quality of its wool. Its fleece can be used for loose-twist worsted spinning and weaving into superb throws and knitwear: watch this space! In the meantime, you will recognise our 34 ewes, and a ram called George, by their very appealing curls... re-introducing rare breeds is one of the most rewarding parts of our work at Daylesford.

Annie Bamford



NEW YEAR CLEANSING

There can be no more valuable time to try a treatment at our Hay Barn: the excesses of Christmas have made one feel in need of a detox; the cold weather has made one's skin dry; and one's immune system is under threat. Do drop in to see the many treatments, classes and products on offer; we can make you feel refreshed and renewed. We have a special Cleansing Weekend starting on Saturday, 14th January, when there will be a special Hay Barn Detox Day comprising two yoga classes, detox juices and ancestral sound healing - a marvellous stress-reducer - at an all-inclusive fee of £55.00 for the whole day. We shall also have raw organic juices in the Farmshop and Chinese teas in the Bamford Barn: the sense of well-being they engender is a revelation.

SEASONAL FOODS: JANUARY TO FEBRUARY

VEGETABLES: BRUSSELS SPROUTS, CABBAGE, CELERY, JERUSALEM ARTICHOKE, KALE, LEEKS, PARSNIPS, PEARS, POTATOES, PURPLE SPROUTING BROCCOLI, RED CABBAGE, RHUBARB (FORCED), SPRING GREENS, SWEDE, CHESTNUTS GAME: PARTRIDGE AND PHEASANT (UNTIL 1ST FEB), HARE.

daylesford slow-roasted pork belly

1 whole pork belly, skin and ribs removed (approx 2½ kilos)
½ pint soy sauce
½ jar/200g Daylesford honey
2 oranges
4 cloves garlic, thinly sliced
1 teaspoon each chopped chillis, coriander seeds and pink peppercorns

Remove any excessive fat from the pork belly, and marinade with the other ingredients overnight. Zest the oranges and add to the dry ingredients and mix well. Cook in an oven tray with the marinade in a low oven at 140°-160°C, 275-300°F/Gas Mark 2 for 2½-3 hours. Remove from the oven, place the meat between 2 weighted metal trays to press the belly flat; when the belly is completely cold, remove and cut into six thick pieces. Season the belly pieces and roast in a hot oven 180°C/300°F/Gas Mark 4 for 10-15 minutes until the surface is golden brown. Serve with mashed potatoes and shredded Savoy cabbage tossed in butter, onions and a little garlic; in the Daylesford Café, we serve this with a rich red wine sauce.

serves 6



WINTER SOUPS

Our chefs at Daylesford have created a special range of winter soups, made entirely from organic ingredients, the majority direct from our kitchen garden and our meat. These are robust soups, full of flavour and goodness. We have a wonderfully smoky beetroot and bacon; a carrot soup, given extra pep with ginger; our own Daylesford kitchen garden vegetable soup; butternut, honey and sage; leek and potato; split green pea and ham; celeriac and apple; lentil and bacon; Jerusalem artichoke and bacon; and roast chicken and parsnip - a special favourite.

ST AGNES' EVE

*st. agnes' eve- ah, bitter chill it was!
the owl, for all his feathers, was a-cold;
the hare limp'd trembling through the frozen grass,
and silent was the flock in woolly fold.* JOHN KEATS

Keats could be describing our fields in midwinter. 20th January is the eve of St Agnes, when young girls must go supperless and entirely silent to bed, in order to dream of the man they will marry...



SHROVE TUESDAY

We're very fond of the traditions of childhood: they are too precious to let them die out. Making pancakes on Shrove Tuesday is a treat: for the batter, you will find we have a range of our own organic Daylesford flour - grown here at Daylesford and milled for us. Children adore tossing pancakes - but there is a knack to ensuring the pancake returns to the pan, rather than the ceiling. Spoon about 2 tablespoons of batter into a ladle and then into a 7inch (or 3 spoonsful for a nine inch) pan; tip from side to side for an evenly coated surface. Use a palette knife or slice to lift the edge to see if it is golden, and to help you flip the pancake over; stack them between sheets of greaseproof paper to keep warm. Then serve with sugar and orange and lemon juice - or some of our real fruit compote - or even some fruit liqueur, if there are adults to be gratified, too.

BABIES NEED PURE FOOD

Government regulations on the levels of pesticide that food is allowed to contain are based on what is called 'acceptable levels' for adults. But our babies are at much greater risk. As yet, no one yet knows fully the effect of chemical additives (and GM products) on the health of those who consume them. As one of the country's leading paediatric experts, Dr Vyvyan Howard of the University of Liverpool, states, 'choosing to feed your baby organically may be the single most important way to give them the best start in life'. To mark the New Year, we are launching our own range of organic baby food, entirely free from pesticides or fertilizers. We use only whole fruits and vegetables. They are specially quick-cooked to preserve the maximum nutritional value, and, of course, flavour. We prefer to avoid microwaves when defrosting or heating - so as not to introduce radiation, or risk scalding. Our purées have no additional salt, sugar, artificial flavouring or colouring. This is real food - at a time when your child most needs it.



.... a little wickedness



In the New Year, you will find some little black boxes in the Farmshop. These are our long-awaited Daylesford Organic chocolates: selected to exactly our own specified recipe, to our own bite size - from a darkest chocolate wafer to a ganache. You will get a strong 'hit' of real cocoa from these - each has been created by our chocolate experts to be an object of desire. We have nut pralines in dark and milk chocolate; fruit spice, ginger, nutmeg, orange and raspberry ganaches; organic dark and milk chocolate discs - a selection of exquisite pralines, and chocolate discs in organic dark or milk chocolate, each a wafer of real chocolate. We also make a Daylesford Organic chocolate drink, using purely flakes of organic chocolate, with a high cocoa content: enough to make winter positively enjoyable. You will find we also have heart-shaped boxes of home-made chocolate truffles, for Valentine's Day.

BEATING THE WEATHER

January brings those harsh winds: it is the time when one needs a really good thermos. We have made our own, using stainless steel - and a beautiful practical casing in our own bridle leather. Winter hands receive a terrible battering, becoming cracked and sore. Our new Daylesford soaps in lavender and geranium have uplifting, sebum balancing, moisturising and anti-inflammatory properties. These soaps are made with plant oils, and all-natural glycerines; there are no detergents, preservatives, stabilisers or e numbers - the synthetic chemicals which often cause skin complaints. Naturally made soap is perfect for sensitive skin, especially that of small children. The majority of industrially-made modern soaps contain tallow and other animal fats, and alcohol; we eschew these in favour of natural, healing ingredients. Look out also for our hand wash and hand lotions - beautiful organic products containing geranium and neroli, or lavender and rosemary.

