



## SEVILLE ORANGE MARMALADE

Don't be alarmed at the thought of making your own marmalade when the lovely, bitter Seville oranges come into season: we are staging demonstrations in the Farmshop to inspire confidence in marmalade novices. The satisfaction of making your own is tremendous, and the children may remember the wonderful perfume of oranges pervading the house, for the rest of their lives. Here's a good recipe for a dark Seville marmalade: scrub 1½kg/3lb oranges and simmer with 6 pints of water for about 90 minutes till the skin is tender and the liquid is reduced. Cool and halve the oranges, remove the pips and tie in a muslin bag, to bob about in the mixture. Cut the halves into strips, return to the pan and add 3kg/6lb preserving sugar, warmed. Stir until the sugar dissolves, and boil until setting point is reached; leave for 15 minutes to settle before potting into sterilised jars.

# daylesfordorganic

JANUARY / FEBRUARY 2007

ISSUE 17

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

## DAYLESFORD EVENTS

Mon 2nd Jan	Farmshop re-opens
Sat 6th / Sun 7th	Tasting: Roast Daylesford leg of lamb Tasting: Daylesford beef
Tu 9th Jan	10.00am Creamery Tour
Sat 13th Jan	Haybarn workshop: Detox Seville orange marmalade demonstration
Fri 19th Jan	Thai cookery demonstration
Sat 20th Jan	Tasting: organic haggis and whisky Supper Club: Daylesford Aberdeen Angus
Fri 2nd Feb	Flat fish cookery demonstration
Tues 8th Feb	Shrove Tuesday: Pancake Day Pancakes al fresco with Sicilian lemons 10.00am Creamery Tour 3.00pm Market Garden Tour
Sat 10th Feb	Tasting: Daylesford chocolate
Wed 14th Feb	Supper Club: St. Valentine's day Tasting: Daylesford Chocolate
Sat 17th Feb	Tasting: Wheatgrass and vitamin shots, raw organic juice, fruit and vegetables Haybarn workshop: Mastering the art of peaceful living
Wed 21st Feb	Lent begins
Fri 23rd Feb	Slow cookery demonstration
Sat 24th Feb	Supper Club: Slow cook with Daylesford mutton

## valentine's day

If you are giving chocolate to the one you love, it should be the Real Thing – Daylesford's chocolate selections and exquisite truffles are made from the very best organic chocolate, and will touch the heart. We have just expanded our range; there are tastings in the Farmshop to tempt you. A visit to the Garden Room will yield beautiful, imaginative ideas – plants, specially-created arrangements and blooms that are truly individual, so that what you give your Valentine is something personal....



The printing inks used for this newsletter are vegetable based oils, and no film or processing chemicals were used. Printed by a carbon neutral company registered to ISO 14001 and EMAS. The paper used is 80% post-consumer waste recycled paper.



My New Year's wish for 2007 is that we all get serious about the environment. Those of us who have been working for an organic future have felt a gradual sea-change in public opinion, towards acceptance that global warming, and the exhaustion of the earth's resources, are a reality. What was once dismissed as alarmist can no longer be ignored. But there is so much to do! At Daylesford, we're still very far from perfect; but the key is to strive ceaselessly, every day, to improve. Our campaign against plastics is bearing fruit; you may already have tried our splendid chalk-based, fully degradable milk containers. May I make a plea to the packaging industry, to help us by extending the biodegradable options? Our customers want to be able to see into the carton that contains a soup, for instance, to assess its richness of colour and texture: this currently means a dilemma. Plastic is see-through, but environmentally unwelcome; glass is heavy, and we do not want our fresh soups treated with preservative. Please help us all, by developing more eco-friendly packaging materials!

*Annie Bamford*



## BAG FOR LIFE

Light, beautiful organic cotton is used for each daylesford bag for life. By keeping a bag for life ready, you can avoid using hundreds of plastic bags a year.

## SEASONAL FOODS: JANUARY TO FEBRUARY

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



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](http://www.soilassociation.org) or telephone: 0117 914 2447

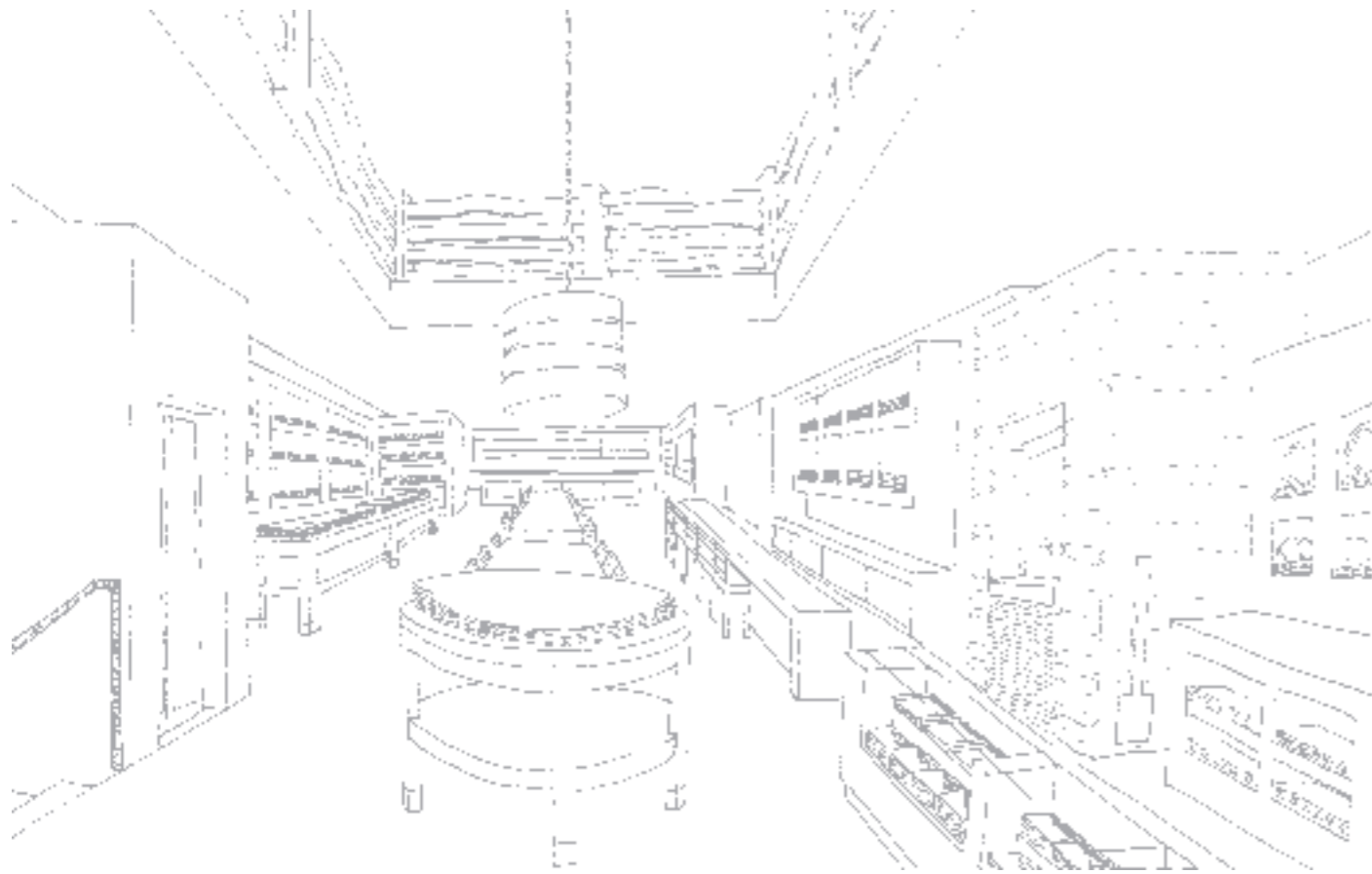
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NEW LONDON STORE:  
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44B PIMLICO ROAD  
LONDON SW1W 8LP  
TEL 020 7881 8060

DAYLESFORD ORGANIC CAFE  
BAMFORD & SONS  
31 SLOANE SQUARE  
LONDON SW1W 8AQ  
TEL 020 7881 8020

DAYLESFORD ORGANIC  
CLIFTON NURSERIES  
5A CLIFTON VILLAS  
LONDON W9 2PH  
TEL 020 7266 1932

DAYLESFORD ORGANIC  
SELFRIDGES FOOD HALL  
400 OXFORD STREET  
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#### DAYLESFORD'S NEW LONDON HOME

This January we are opening a beautiful new Daylesford Organic store in the Pimlico Road in London – three floors of 4500 square feet – and all of it a breath of the countryside in London. Pimlico is very much one of London's villages; its celebrated Saturday Farmer's Markets make us feel very much at home. As with everything we do, we are reviving the traditional, and preserving precious artisan skills. Front windows with tables (which will open for al fresco dining on the pavements in good weather) draw you towards the ground floor, where something that will stir long-ago fond memories awaits you. Do you remember the traditional, beautiful fishmongers and stalls in covered markets, where their wares were laid out on massed white marble counters? Here in the new store, beautiful pristine white marble counters, built to last a lifetime, greet you. In front of your eyes, our master bakers will be baking, using a bread oven clad in Daylesford dry-stone walling. This is the ambience – and the aroma – of the real thing. Seasonal tables offering Daylesford's own glorious organic vegetables, fruit, and herbs in season will be available month by month, with their ranges of fresh seasonal food. Natural light flows in from the generous windows and the atrium to the first floor, where there is a food gallery, hedged by herb garden and topiary. At the counter, fresh, simple light lunches and snacks are prepared; and there is a double spiral staircase in white marble, with Daylesford's own willow handrail, to take you upstairs – or down to a garden floor of wine cellar and kitchen equipment. Designers will note that Daylesford's focus on country crafts and skills has been sustained in the design itself: wicker and willow and cattle fencing defining the atrium. This gives a living, breathing sense to the building – and underlines the fact that it is a store of real, natural, living food, drink and things for you and your home.

#### BREAKFAST

Breakfast is crucial. As a nation we are coming to realise how very much we lost, when we said goodbye to breakfast as a proper meal. Low blood sugar, stress and anxiety, inability to concentrate, lack of energy, food cravings and poor digestion: all these can be avoided with a little sound nutrition in the morning. A rushed coffee or tea, with a processed bar of something sugary, is the recipe for a bad start to the day. A perfect organic free-range boiled egg, attended by soldiers of toast made from really good bread, is one of the best meals in the world. Add thick organic yoghurt, full of calcium and probiotic goodness; real fruit compôtes, organic honey or homemade preserves with your toast – and possibly homemade muesli, with a little grated apple. Please note that we now stock our own home-grown oatmeal, so you can have a breakfast that will keep you smiling till lunchtime.



#### *venison steaks with rowan sauce*

- 2 venison steaks, each 7-8 oz
- 1 tbsp groundnut oil
- 2 tbsp crushed peppercorns
- 2 shallots, finely chopped
- salt
- sauce
- 2 tbsp rowan jelly
- zest and juice of ½ large orange
- zest and juice of ½ small lemon
- 1 tsp freshly grated root ginger
- 1 tsp mustard powder
- 3 tbsp port

Rowan berries are one of the countryside's unsung treasures – they may stay on the tree until January if the thrushes haven't eaten them. We now make rowan jelly for you to try at home: the tart taste makes an especially good 'digestif' accompaniment to venison. Remove the outer zest of the orange and lemon, cutting the zest into juliennes. Heat the rowan jelly, ginger, mustard, zest and squeezed orange and lemon juice in a saucepan up to simmering point, whisking well. As soon as it begins to simmer turn the heat off, stir in the port and pour into a jug. Pat the venison dry. Press crushed peppercorns firmly over both sides of each steak. Heat the oil in a frying pan. When the oil is smoking hot drop the steaks into the pan and cook for 5 minutes on each side for medium; 4 minutes for rare and 6 minutes for well done. Halfway through add the shallots and move them about the pan until brown at edges. 30 seconds before removing the steaks, pour in the sauce around, not over, the steaks. Season with salt and pepper. Serve the steaks with the sauce poured over, garnish with watercress, jacket potatoes and a leaf salad or lightly steamed Savoy cabbage.

*serves 2*

*'the English are a strange mixture of complacency and insecurity, for they genuinely don't seem to value their own culinary inheritance.'* Arabella Boxer, 1991.



#### FEBRUARY BLUES? GO RAW...

February blues are not a myth. Many people feel low and physically defeated at this time of year. We have some marvellous treatments at the Hay Barn which will lift your spirits and bring a glow back to your skin, while there is a revitalising yoga workshop in February. Some of our fragrant, nourishing and utterly delicious beetroot soup, served with crusty organic bread, will make you feel that life is worth living. In the course of the year, we shall be increasing our special range of superfoods for you to try – they are packed with antioxidants, vitamins and minerals for inner and outer health. The dark mid-winter months are, ironically, the time when you will really benefit from eating raw foods – think raw, and you are taking in extra nutrients that will guard you against infection.

