

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



Biodynamics is the oldest non-chemical agricultural movement, pre-dating the organic movement by some twenty years, having been developed by the Austrian philosopher Rudolph Steiner in the 1920's. It is a science of life forces which takes the basic principles of nature into account. It stresses that farmers should work with nature, not against it. Biodynamics recognises that the quality of the plants are affected by the condition of the soil, which must have a stable humus maintained through composting. Chemical agriculture adds soluble minerals to the soil: the plants take these up in water, which blocks their natural ability to seek what they need from the soil itself. The result is a deadened soil and artificial growth. I was first introduced to biodynamics by the inspirational Giulia Maria Crespi. The food she has produced on her land for over half a century is bursting with natural health: as Chairwoman of FAI, the Italian environment fund, she is now an active campaigner against the threat of GM. We have been spending time and effort studying the benefits of biodynamics - you can join in, by looking at the website www.biodynamics.com - and we shall have some biodynamically grown food available for you to buy at Daylesford. We shall keep you informed of our progress.

Carole Bamford



FIND US IN LONDON, TOO

If you have friends who are unable to get to the Farmshop, do let them know that we have just introduced a Daylesford Organic area into the splendid Food Hall at Selfridges in London. There you will find our organic meat, sausages and burgers; breads and pastries; delicatessen products; our award-winning cheeses; milk and dairy products; and a range of our own groceries. If you are in town, do drop in and see us.

SEASONAL FOODS: JUNE TO AUGUST

VEGETABLES AND FRUIT: LETTUCE, ASPARAGUS, PEAS, ROCKET, RADISH, TOMATOES, CARROTS, CAULIFLOWER, BROAD BEANS, GLOBE ARTICHOKEs, WATERCRESS, STRAWBERRIES, RASPBERRIES, GOOSEBERRIES, CURRANTS, MEAT, POULTRY AND FISH: LAMB, CHICKEN, RABBIT, SALMON.

GROWING YOUR OWN SOFT FRUIT

Pick early strawberries from the middle of June. Keep the compost around the plants well watered as there is more chance of fungal diseases if the leaves are wet. If the plants are starting to produce runners, long stems with clusters of leaves at the end, pot them up to make next year's plants. Take a 3 inch pot of moist compost and place the end cluster of leaves on top. In a few weeks, the runner will put out new leaves from the centre of the crown; you can then sever the cord to separate it from the mother plant. Strawberries in the kitchen: eat the same day, or store in a cool place, rather than a fridge; low temperatures kill their delicate fragrance. Wipe them clean, rather than washing them, as they tend to turn mushy in water. Leave in the hulls until shortly before eating.



WINE AND OLIVE OIL FROM CHATEAU DE LEOUBE

Our estate in Provence, Château de Léoube, provides us with wines and olive oil of real character and charm. After a late Spring, the weather continued hot and fine - during the harvest our vines produced well-matured grapes of a smaller quantity than 2003; the berries, too were smaller and with less juice. Quality was outstanding: this year's rosé is comparable to the 2003; probably with a little more power. The new season 2004 harvest Léoube olive oil has a lively flavour, with fruit and pepper. We blend local picholine, aglandau and bouteillan olives and press them at a local mill for an olive oil of subtle character. It is available in the Farmshop or online.

BARBECUE AT DAYLESFORD – AND AT HOME

There is nothing like the aroma of grilling meat, wafting through the summer air.... and after last year's wet summer, surely we are due some sunshine?

There will be a Midsummer party at Daylesford on 25th June, with a delicious Thai barbecue: do come and join us.

At home, try our special box of the finest organic meat: steak, lamb, pork, chicken, juicy sausages - from chops to ribs, thighs to drumsticks - and our delicious organic burgers, with a choice of Daylesford Organic's own ketchup or barbecue sauce. You can make your own selection: order our BBQ box on-line at www.daylesfordorganic.com, for free delivery to your home.

Try our tsatsiki for barbecued lamb: peel, seed, grate and drain two cucumbers; mix with two 8oz tubs of natural yoghurt, 2 cloves of minced garlic, and 2 tablespoons of finely chopped fresh mint with salt - then refrigerate. Serve with grilled lamb or as a dip with plenty of good bread, just as the Greeks do.



*the air was full of midsummer....
I understood the old perception of
fairies in the rings of the summer grass.*

HILAIRE BELLOC

OUR EARLY SPRING LAMB

We are proud to announce that our early spring lamb comes from our heritage breed flock of Poll Dorset ewes, kept on our organic estate in Staffordshire. The Poll Dorset comes from the Dorset Horn breed, one of the oldest breeds of British sheep, known to have been with us since 1707. 'Poll' means without a horn. Poll Dorsets can cope with very varied climatic conditions and have a characteristic, unique among British sheep, in that they can lamb naturally at any time of year. The breed is perfect for organic farming; the meat has a lower fat content than some lamb, and the animals' diet of milk from the ewes, over-winter root crops and organic grass produces meat with a marvellous flavour.



pea soup with mint

Tender, sweet new peas in a simple soup with fresh mint.

1 tbspn olive oil
6 large spring onions, washed and sliced
900ml vegetable stock
675g shelled fresh peas (1.8 kilos fresh peas in their pod)
1 round lettuce, washed and chopped
2 large handfuls freshly chopped mint
salt and freshly ground white pepper
To serve: 4 tbspn thickened double cream; sprigs of fresh mint

Gently cook the spring onions in oil in a large saucepan until soft but not brown. Add the stock and bring to the boil, then add the peas, return to the boil and reduce to a simmer. Stir in the lettuce and mint, and continue to cook for 2-3 minutes until the peas are tender. Blend the soup mixture until smooth and season. Chill for four hours or overnight. Serve in chilled bowls with a tablespoon of the thickened cream on top, topped with a sprig of mint.

serves 4



SUMMER EVENTS

Join us for a special menu on Father's Day, and make a diary note: Harry's Bar comes to Daylesford Supper Club on 16th July. On Wednesday 1st and 20th June, and 10th and 24th August, there will be Chinese tea tastings and workshops, at £15.00 a head with patisserie, and a pack of tea as a gift. Our Bakery workshop on 19th July gives a 2 hour class at £25.00 a head to include a cream tea, and bread to take home; and there will be cookery masterclasses, too. Early booking is advised as numbers for our classes, tours and lectures are limited: call 01608 731 700 or email enquiries@daylesfordfarmshop.com

THE HAY BARN: A PREVIEW

Behind the Farmshop, a building is being restored. It is intended to be very different: a quiet world of its own. Here we shall stock our range of items for the mind, body and spirit and much more. The ground floor will have a detox bar for pure waters, fruit juices, and cleansing drinks whilst you can browse through our exclusively made and specially-commissioned range of yoga clothing, T-shirts, yoga mats, and cashmeres for relaxing and gentle exercise; essential oils, candles, and beautiful fragrances are also available. In addition to ensuring that the conversion of the barn is sensitive to its surroundings, we have taken great pains to include environmentally friendly features like natural light and ventilation, low-energy lighting and heating; we have used re-cycled timber for the fittings. In the Hay Barn, we plan a magnificent yoga area, occupying the whole of the top floor. Here, up to twenty people can do classes on the specially sprung wood floor, with under-floor heating and low-level windows, so that you can look out across fields and gardens as you unwind and tone your body. We shall be holding classes of all kinds for both individual tuition and larger groups over the coming year, in addition to our already very popular special yoga weekends. To visit the Hay Barn, call for appointments on 01608 731 700.



FORTHCOMING EVENTS

Tuesday 7th June	11am Creamery tour, Lunch, 2pm Market Garden tour, £25.00 per head
Saturday 11th June	Supper club: New Season Lamb
Sunday 19th June	Father's Day: special menu and gifts
Monday 20th June	Wimbledon Championships start: tastings of strawberries and icecream
Saturday 25th June	Supper Club: Thai Barbecue
Friday 1st July	10am "English Roses" lecture by Katie Lucas with lunch £40 per head
Sunday 3rd July	The Royal Show, Stoneleigh Park, until 6th
Saturday 16th July	Supper Club: Alberico Penati, head chef of Harry's Bar
Tuesday 26th July	11am Creamery tour, Lunch, 2pm Market Garden tour, £25 per head
Saturday 27th August	11am Creamery tour, Lunch, 2pm Market Garden tour, £25 per head
Monday 29th August	Bank Holiday Monday

Supper Clubs: Please call to reserve your table; we recommend early reservations

SEPTEMBER PREVIEW

Saturday 3rd September See us at the Moreton Show, and at the Soil Association Organic Food Festival in Bristol from 3rd - 4th

SUMMER OPENING HOURS Mon -Thurs 9.30am - 5.00pm, Fri and Sat 9.30am - 6.00pm Sun 10am - 5.00pm



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 914 244

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