



Autumn brings thoughts of fruitfulness: but is your fruit, and indeed your food as a whole, genuinely healthy? Everything that bears the label Daylesford Organic has been certified by the Soil Association, who enforce strict standards and inspect every organic farm and food business at least once a year. This entitles us to use the Soil Association symbol – something that we wear with pride. Thirty years ago this was a relatively small organisation, establishing its symbol in the face of scepticism and even hostility – something many who have chosen to go the organic route will recognise. Today, the UK Government and even the EU have turned to the Soil Association to draw up their own certification schemes, and we are delighted to be leading supporters of their new education and healthy eating initiatives. I do recommend their website [www.soilassociation.org](http://www.soilassociation.org); by becoming members we can, I believe, profoundly influence things for the better.

*Carol Bamford*

## NATIVE APPLES – OUR PRECIOUS HERITAGE

Here in Britain, we can grow the very best apples – yet we have demolished 60% of our apple orchards since the 1970s. We now import most of our apples from overseas, so a supermarket apple may have travelled thousands of miles before it reaches your mouth. This is a scandal, both ecologically and gastronomically. Whenever we can source native apples in season we avoid imports, and will increasingly offer native apples. Our National Fruit Collection has 2,300 different varieties: natives like Discovery, Cox's Orange Pippin and Egremont Russet have many times the vitamin C content of the bland Golden Delicious that currently flood our markets. British apples are now in season: explore the possibilities. You might also try the splendid spiced apple cake made by Jo Thompson in our Bakery....

## SEASONAL FOODS: SEPTEMBER TO NOVEMBER

VEGETABLES: AUBERGINES, BROCCOLI, BRUSSELS SPROUTS, CABBAGES, CELERY, CHARD, CHICORY, LEEKS, MARROW, ONIONS, PARSNIPS, SPINACH, SQUASH, SWEDE  
FRUIT: APPLES, PEARS, DAMSONS, BLACKBERRIES, NUTS AND QUINCES  
GAME: GROUSE, PHEASANT, PARTRIDGE, VENISON, AND GEESE.

## ELIXIR PORCELAIN FROM BAMFORD

Lovers of beautiful things should look into the Bamford barn, where we have a new range that makes one catch one's breath. The Elixir Collection is an original series of bowls, cups and plates made by a master porcelain-thrower, the celebrated Mr Yamada from Najima in Japan. Each bowl, cup or plate is simple white or stone in colour – and each is subtly different:

the element of individuality in porcelain production is revered. What is almost astonishing about these pieces is that although they are hand-thrown and delicate, with a sensuous matt surface, they are also immensely practical. Each piece is sandblasted to give a fine-grained finish that is, nonetheless, stain resistant and dishwasher proof. Do come and see them – they are a delight to touch, to use and to possess.



## GAME IS IN SEASON NOW

Don't wait until the Glorious Twelfth, when the grouse season begins, to try other varieties of game. From September onwards, we shall have partridge, mallard, pheasant - to be roasted simply, casseroled or used in a variety of game terrines, warm salads and more. Rearing game also has a role in protecting the biodiversity of the countryside: partridges, for example, need a high protein diet of insects in the first weeks of life, which precludes overuse of pesticides and herbicides.

## THE DAYLESFORD KITCHEN DIARY 2006

When are chestnuts in season, and how do you cook them? What menus can you plan, to make the most of food when it is in season? Our delightful Kitchen Diary, illustrated in colour with specially commissioned watercolours and packed with information for the cook and organic gardener, is the perfect companion throughout the year, with reference charts, recipes and kitchen and garden lore: a beautiful hardback diary you will want to keep when 2006 is past.



## *autumn in the garden room*

Now is the time to plant spring bulbs, and we have a marvellous selection in the Garden Room. Look at our autumn colour and foliage, our hand-woven wicker baskets and all things rustic. Gardeners will be bringing in tender plants before the first frosts, and removing dead stems from perennial plants - but leave the seed heads for the birds!

## CHRISTMAS IS COMING

Our special Christmas newsletter comes out in November. In the meantime, information is available in the Farmshop on our celebrated hampers, and special advance orders may be made for turkeys, geese and large cuts of meat: we have whole ribs of beef, shoulders of pork, legs of lamb, and haunches of venison – perfect for entertaining over the festive season.



## DISCOVER VENISON

Venison is very low in fat and extremely nutritious: it has twice as much iron as beef and lamb, is easily digested and full of essential omega 3 fatty acids. It is also absolutely delicious: our red deer herd is very rare, in that it is one of the few to be licensed as fully organic by the Soil Association. Discover the joys of cooking with venison: venison cutlets with beetroot purée; slow-cooked venison casserole or venison and mushroom pie; a venison shepherd's pie, or spicy venison sausages with mashed potato on chilly autumn nights. We have a venison mail-order box for you to try – and here is a simple recipe for venison steaks with our organic cranberry sauce.



### *venison steaks with cranberry sauce*

4 venison steaks  
2 tbsp groundnut or sunflower oil  
4 level tsp crushed peppercorns  
4 medium shallots, finely chopped

For the sauce:  
4 rounded tbsp Daylesford  
Organic cranberry sauce  
zest and juice of 1 orange and  
1 lemon  
2 full tsp grated fresh root ginger  
2 tsp mustard powder  
6 tbsp port

Shred the zest of the orange and lemon into juliennes, and add with the juice into a saucepan with the cranberry sauce, ginger and mustard, whisking together. When bubbling, turn the heat off, stir in the port and set aside. Dry the steaks then press the peppercorns firmly into their sides, drop 2 steaks into the oil when the frying pan is smoking hot, and cook for 5 minutes on each side for medium, 4 for rare and 6 for well done; repeat for the other 2 steaks. Add the shallots until lightly brown. Remove the steaks, add the sauce and let it bubble for about 20 seconds, season with salt and serve the steaks with the sauce poured over. Watercress, mixed autumn leaf salad and jacket potatoes go well with this dish.

serves 4

## WEAVING MAGIC

Mme. Eugène will be visiting us from her home close to our Château de Léoube estate to demonstrate traditional weaving and basket-making, using wild willow, vine and other materials. This is a fascinating craft to watch, and the results are as beautiful as they are practical and hardwearing. She will be showing her skills in the Garden Room and Courtyard during our French Weekend.



## DAYLESFORD GOES OUT INTO THE WORLD

We have been enormously well received at our mini Farmshop inside Selfridges' Food Hall in London – do drop in and see us if you're in town. We are now working on our introduction of a store for our Bamford Collection and for Bamford and Sons, our menswear, in Sloane Square, and other new London initiatives: watch this space!

## EXCLUSIVE TO DAYLESFORD

Our Supper Clubs have become immensely popular. July featured a first: food cooked by the star chef from Harry's Bar in London, Alberico Penati. We are delighted to be able to offer copies of his book, exclusively. This is a beautiful boxed special edition, not available in general bookshops. With beautiful photography, details of the suppliers of the best ingredients and 135 recipes (hitherto closely guarded secrets!), this is a book to treasure.

## FORTHCOMING EVENTS

Saturday 3rd September

Moreton-in-Marsh Show.

Monday 5th-10th September

Until 4th September: Organic Food Festival, Bristol Waterside.

Wednesday 7th September

Organic week, with tastings and lectures.

Saturday 10th September

Chinese Tea Masterclass.

Saturday 24th September

Spanish food tastings. Supper Club: Tapas and Spanish cooking.

Saturday 1st and

British food tastings. Supper Club: Organic Aberdeen Angus beef.

Sunday 2nd October

French weekend: tastings of Léoube wine and olive oil, cheeses and charcuterie.

Saturday 15th October

Supper Club: Wild Mushrooms and Truffles.

Tuesday 18th October

Bread-making: bakery tour and cream tea.

Saturday 22nd October

British Cheese Week: until 29th.

Saturday 22nd October

British Cheese Festival Weekend.

Saturday 29th October

Supper Club: Thai Cooking.

Saturday 5th November

Supper Club: The Glories of Game.

Saturday 12th November

Supper Club: Organic Venison.

Monday 14th November

Horticulture with Roddy Llewellyn.



Visit our new website at [www.daylesfordorganic.com](http://www.daylesfordorganic.com) and register; our freephone mail order number is 0800 083 1233



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 2442

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