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Thames  
Valley  
Farmers' Market  
Co-operative

## Local Food for Local People

News from TVFMC  
Issue 6: Winter 2009

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### Dear Subscriber

Welcome to the Christmas and New Year edition of News from the Markets, the newsletter from Thames Valley Farmers' Market Co-operative that brings you all the news about local food.

### Win vouchers worth up to £20 in our pre-Christmas promotion!

Fill in the draw slips you'll find at the markets in December and enter the **free draw**. Entries with email addresses go into a special draw with a Mystery Prize of local produce to be collected from each of our markets.

You have received this newsletter either because you registered for information on the TVFMC website [www.tvfm.org.uk](http://www.tvfm.org.uk) or you supplied your email address to us on Christmas Draw vouchers. If you do not wish to receive further newsletters or information from TVFMC please click on the unsubscribe link at the end of this newsletter.

## Christmas & New Year Dates

### Christmas changes

Because of Christmas some December markets are brought forward a week.

- **EXTRA Windsor** Farmers' Market on Thursday 17 December 9am to 4pm in Peascod Street.
- **Beaconsfield** Farmers' Market will be on Saturday 19 December.
- **Chipping Norton** Farmers' Market will be on Sunday 20 December.
- **Hungerford** Farmers' Market will be on Sunday 20 December.

### New Year changes

Some January markets that would be on the New Year holiday weekend either move a few days or are cancelled.

- **Banbury** Farmers' Market postponed from New Year's Day to Friday 8 January.
- **Windsor** Farmers' Market on 2 January cancelled.
- **Woodstock** Farmers' Market postponed a week to Saturday 9 January.
- **Reading** Farmers' Market on Saturday 2 January cancelled – next market Saturday 16 January.
- **Newbury** Farmers' Market on Sunday 3 January – **goes ahead as usual**.

Check [www.tvfm.org.uk](http://www.tvfm.org.uk) for the latest information.



## Join in the Christmas spirit!

Christmas food shopping will be fun with extra entertainment at several markets. Join in the carol singing at **Reading on 19 December**, and enjoy live music at **Newbury on 20 December**

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## 2010 Calendars

Look out for our brand new colourful calendars with dates for all our markets in 2010. The calendars are free and available from stall-holders at all the markets.

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## What to buy this winter

### Meat and poultry...

In the run-up to Christmas and New Year you'll find plenty of delicious meat and poultry, ready to suit your festive dinner table.

**Ribs** and topside of **beef**, loins of **pork**, **ham** hocks and **gammons**, legs of **lamb**, **chickens**, **geese**, **ducks** and **pheasant**, haunches and legs of **venison** produced with great care by our members, just ready for you to prepare for your family and friends.

Look out for Christmas essentials of **chipolatas**, cocktail **sausages**, **sausage-meat**, **stuffing** and streaky **bacon**.

Locate your favourite [meat seller](#)

### Vegetables...

The mild autumn means winter veggies are in abundance. **Parsnips**, **carrots** and **celeriac** all make delicious roasted vegetables and any left-overs can go into a heart-warming soup.

**Leeks**, Savoy and January King **cabbages** and **curly kale** are joined by **purple sprouting broccoli** and **red cabbage**. Make the most of these tasty vegetables by steaming and stir-frying to keep the flavours.

**Brussels Sprouts** will be available loose and on the stalk. They stay fresh longer if you buy them on the stalk. These hard little nuggets are crammed full of goodness - Vitamins A and C, iron, potassium and fibre.



The trick with sprouts is to cook them quickly and serve them hot.

- Cut them in half if you're stir-frying sprouts with garlic and flaked almonds, then dress them with a warmed cream and nutmeg sauce.
- Cut a cross into the base to help sprouts cook through evenly when steaming whole - remove them from the steamer while they're bright green and tender.
- Combine sprouts with lemon peel and spring onions: steam the sprouts until tender, then dress with a mixture of butter, finely chopped spring onion tops or chives and grated lemon peel.

Check this page on our website to see which markets our [vegetable growers](#) attend.

### Goodies and treats...

You'll find plenty of last-minute Christmas gifts and essential condiments for the Christmas table at our markets. Why not make your own Farmers' Market Hampers to give to special friends?

Juicy red **cranberry** sauce, cranberry and port jelly, spicy and mild **chutneys**, vegetable and fruit **relishes**, **mustards**, **jams** and **jellies** all glow with goodness.

Check our [website](#) for your favourite preserves sellers.

Give your chocoholic friends gift boxes of delicious **chocolates** found at many of the markets. Check the **Speciality Produce** section of our website

### Baked goods...



Our bakers and pastry-makers are incredibly busy at this time of year. Look out for special breads, **Christmas cakes, Stollen, cup cakes, Yule Logs** and **tray bakes**. Make sure you have plenty of mince pies for carol singers and friends who drop in to see you. Check out our website for **[bakers and pastry-makers](#)**.

### Fish...

Trout and sea-fish are welcome alternatives to meat and poultry at this time of the year. Enjoy smoked trout pate or baked fresh trout as a supper dish. Fresh lobsters, skate wings, plaice, sole and more from Selsey Seafish is delivered directly to TVFMC markets in the run-up to Christmas.

Check which markets have **[fish stalls](#)**

### Cheese...

A 'wheel' of Cheddar cheese makes a great centrepiece on a cheese board and you'll find a selection on Gould's cheese stall at many of our markets. Details of all our cheese stalls are **[here](#)** For something different try goat's cheese which is sold at several markets, and enjoy the only cheese made in Oxfordshire at Roger Crudge's stall.

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## New Members

- **[Fat Man Chilli](#)** from Rickmansworth is selling very hot and milder chillies preserved and in sauces at Little Chalfont Farmers' Market on the second Saturday of the month outside the Village Hall in Cokes Lane, and also at High Wycombe Farmers' Market in Frogmoor on the third Saturday of the month. These Buckinghamshire markets received funding from the Chilterns LEADER programme.
- **[Sandfields Farm](#)** from Chipping Norton, Oxfordshire is selling poultry at Banbury and Chipping Norton Farmers' Markets.
- **[Heath House Nurseries](#)** from Witney, Oxfordshire are rearing poultry to sell at Witney and Woodstock Farmers' Markets.

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## You tell us!

You tell us! If you have a favourite recipe made with produce from the markets, please tell us and we'll publish it in News from the Markets. We would like to make sure your shopping experience is the best, so please tell us your views on the markets, produce and stall-holders. Email your recipes, comments and suggestions to: **[info@tvfm.org.uk](mailto:info@tvfm.org.uk)**

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