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Thames
Valley
Farmers' Market
Co-operative



Local Food for Local People

News from TVFMC Issue 15: Christmas 2011

Dear Farmers' Market Supporter

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

If your idea of a great Christmas starts with great food and drink, then get your hat and gloves on, wrap up warm and get down to your local farmers' market to stock up on all the ingredients for a perfect festive break. There's nothing quite like it to put you in the Christmas spirit; experience the magical smells, the sights and sounds that make the season special. It's so much more than just a shopping trip.

Where else can you chat with the producers of the delicious food that will be on your table, get their expert tips on preparation and maybe even try before you buy? Where else can you shop knowing that everything you are buying is locally grown and full of natural goodness?

It's not just the year-round staples either, at Christmas you will find gifts, treats and all the trimmings to make your celebrations complete and at lots of the markets there will be special Christmas activities to keep shoppers entertained. We are expecting **Tommy** to make his first appearance at our markets soon - check our website for further details.

Don't forget that many of our stallholders take orders and can either deliver direct to your door or organise collection at a market. Ask the stallholders directly for further details.



Enjoy the flavour of a real Christmas at *your* local

In This Issue

Market News

Calendars

Become a Community Food

Champion

What to buy this Winter

New Members

Messages from our Members

You Tell us!



Thames Valley Farmers' Markets are now on **Twitter** - follow @TVFMC for regular market and special event reminders.



Like us on Facebook for regular updates direct from our members.

You have received this newsletter either because you registered for information on the TVFMC website www.tvfm.org.uk or you supplied your email address to us during promotions held at our markets. 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.



market.

Market News

December Markets

Hungerford – The December market has been cancelled. As an alternative, the Newbury market is on the **18th December**.

Beaconsfield – We will have the Denham Hendon Brass band playing seasonal music again at the market on the **17th December**, earlier than normal.

Witney - The Witney market will be held earlier than normal on the **9th December**.

New Year Markets

The first Newbury market, due to be held on the 1st of January, will not be going ahead.

New Market Managers

Pete Williams has now retired and we would like to welcome two new market managers to our Oxfordshire markets. **Steve Parker** is now managing our Abingdon, Didcot and Witney markets. **Lee McCallum** is now managing Banbury, Chipping Norton and Woodstock. We welcome them both and wish them well in their new roles.

Calendars



Make a date and get organised.

With the new 2012 TVFMC calendar, there is no excuse for missing your local farmers' markets – or any other important dates come to that.

All our markets will be giving the colourful calendars away free so be sure to pop one in your bag along with the rest of your shopping.

Become a community food champion

Are you passionate about growing your own food? Do you like to buy local produce and cook from fresh? Are you worried about the effect that food waste has on the environment?

Buckinghamshire County Council is looking for champions in the local community to spread the message about valuing our food. In return you will receive support and training and also a chance to bid for funding for a community food scheme or Love Food Hate Waste event.

For more information please see

www.recycleforbuckinghamshire.co.uk or email foodchampions@buckscc.gov.uk



If you would like to find out more about Love Food Hate Waste or the Food Champions scheme visit Recycle for Buckinghamshire's stall at our **Little Chalfont Farmers' Market**

on **December 10th** or at our **Beaconsfield Farmers' Market on January 28th**.

What to buy this Winter



Meat & Poultry...

There is plenty to get your Christmas dinner table groaning: 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. Don't forget the Christmas essentials - chipolatas, cocktail sausages, sausage-meat, stuffing and streaky bacon! To find your favourite meat seller, [click here](#).

Vegetables...

A very mild autumn means that there is no shortage of winter veggies. Parsnips, carrots and celeriac are all delicious roasted. Leeks, Savoy and January King cabbages and curly kale are joined by purple sprouting broccoli and red cabbage - stir-fry to keep the flavours. Could Christmas dinner be complete without Brussels sprouts? Packed with goodness in the form of Vitamins A and C, iron, potassium and fibre. Buy loose or on the stalk to stay fresh. Check out our website to find your favourite [vegetable producers](#).

Treats & trimmings...

Your farmers' market is a great place to find those last-minute gifts. Why not get creative and give special friends a really original present? Make them up a hamper with market produce. 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 out our website to find 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. *The fabulous hamper shown is a Christmas special from [Ilze's Chocolat](#).*

Baked goods...

Stock up on treats, you never know who will be dropping by: Christmas cakes, Stollen, cup cakes, Yule Logs and tray bakes – and of course, plenty of mince pies. Check out our website for [bakers and pastry-makers](#).

Fish...

Fish can make a great alternative to meat and poultry at this time of year. Selsey Seafish is delivered directly to TVFMC markets in the run-up to Christmas. Enjoy smoked trout pate or baked fresh trout as a supper dish. Fresh lobsters, skate wings, plaice, sole and more. Check which markets have [fish stalls](#).

Cheese...

It's not Christmas without a cheese-board. You'll find a selection of fine, local cheeses at many of our markets. **Crudges Cheese** will have their Kingham Green, Haddon Gold, Burford and Sarsden cheeses vacuum-packed for use in hampers/baskets, ideal for Christmas gifts. For details of all our cheese stalls, [click here](#).

[\[Back to top\]](#)

New Members

Sweeney & Todd

A small, independent, family-run, award-winning business (with a restaurant and retail shop) serving traditional, home-made fayre.

The College Loaf

The College Loaf is a small artisan bakery located at Heath Farm, near Chipping Norton in West Oxfordshire. Our breads are made using traditional methods: organic flours, sea salt and spring water from the farm, plus the key ingredient – time – to produce flavourful, satisfying bread. Specialising in regional breads from the British Isles, our range also includes a selection of favourite loaves from other baking traditions.

Felce Foods

Felce Foods, previously David Felce, has been in business for more than 30 years, supplying smoked and wet fish to traditional and farmers' markets. Based in Nailsworth, near Stroud, we have a kiln in which we smoke all sorts of fish, as well as other products, e.g. salmon, tuna, herring, haddock, prawns. We also make fish pates from smoked salmon, smoked mackerel and taramasalata (smoked cod's roe), as well as fish cakes and various prepared fish meals, e.g. red mullet in a sweet and sour marinade.

Messages from our Members

Stainswick Farm Oil

Stainswick Farm Oil are selling a lovely Christmas jute bag, with 3 x 250ml bottles of oil (most popular selection is garlic, basil and smoked!) with a stainless steel drizzler for just £15.

Cross Lanes Fruit Farm

Cross Lanes Fruit Farm will be at their usual markets with a large range of excellent late keeping apples and pears including Kidd's Orange Red, Rosemary Russet, Malling Kent, Brownlees Russet and sweet juicy traditional Cox's Orange Pippins. Special decorative Christmas Gift boxes of Cox or mixed varieties can be preordered for collection at a market or ordered at a market for collection at the Farm Shop or to be delivered anywhere in the UK. See the **Cross Lanes website** for details or ring 0118 972 3167 leaving a telephone number so we can ring you.

Check out our **News** page for regular member news throughout the year.

[\[Back to top\]](#)

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 your 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**

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