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Thames Valley Farmers' Market Co-operative



Local Food for Local People

News from TVFMC Issue 13: Summer 2011

Dear Farmers' Market Supporter

Summer's Here!

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

What is the flavour of summer for you? The aroma of delicious cold-cuts of **meat**, rich **pâtés** and **cheeses** as you unpack the picnic hamper perhaps? The scent of herb seasoned **sausages** drifting across the garden from the barbecue? Or maybe the fragrant bouquet as you uncork a freshly chilled bottle of local white wine with friends?

Summer-time in this country is precious. All too short, we pack as much as we can into the long hot days and balmy evenings. Whether your summer social scene revolves around festivals, concerts, trips to the seaside, sporting events or family fun – make sure good food and drink feature at every opportunity!

A stroll around your local farmers' market will give you plenty of inspiration. Feast on the colours and breathe in the flavour of the best that Britain has to offer. Buy direct from producers who are just as passionate as you are about local food.

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

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.



Summer Savings - Click before you Pick

There's a bumper new crop of TVFMC money-saving vouchers waiting to be harvested from our website! Simply go to our **customer voucher page** to see details of the current offers - download and print off vouchers to pop in your pocket and take them with you when you go shopping.

Fancy **10%** off your favourite BBQ meats? A range of different vouchers valid throughout the summer are now available that will make your money go even further than usual.

What's On in June

Open Farm Sunday - 12th June

Do you care where your food comes from? Of course you do – and so do the farms that open their gates (don't forget to close them behind you!) on Open Farm Sunday. It is a great day out and an opportunity to meet the farmers who produce your food and care for the countryside. Go to the [Open Farm Sunday website](#) to see a full list of participating farms.



Challow Hill Farm open day – 12th June

Challow Hill Farm near East Challow is participating in Open Farm Sunday. Attractions include sheep shearing, egg collecting, a cookery demo and a vintage to modern machinery display! For further information please contact Lucy 0789 9981551 or info@challowhillmeats.co.uk. Further details about this event are also on our [website](#).

'Give Food Some Thought' cookery demonstrations – 19th June



Visit **Newbury Farmers Market** on Sunday 19th June and learn how to reduce your monthly food shopping bill by up to £50 by making the most of the food you buy. A wide variety of easy recipes using everyday leftovers will be cooked up live throughout the market, and visitors will be invited to sample all the food! Further details about this event are also on our [website](#).

What to buy this Summer

Locally Farmed Meat..

Mouth-watering speciality sausages, juicy steaks and chops. Tasty cooked meats - smoked and dry-cured. Talk to our stall-holders about how to bring out the best flavour – many will even supply recipes for you to follow.

Challow Hill Meats and **Dews Meadow** are both offering customer discounts over the summer. Check out our [customer voucher page](#).

Salad Days...

It's not summer without a crisp, crunchy salad. Mix it up; tomatoes, lettuce, cucumbers, salad onions and radishes will all be in markets as they come into season. Dress your salad with rapeseed oil grown and pressed locally - a delicious alternative to olive oil and available at our markets from P E Mead & Sons and Stainswick Farm Oil.

Fresh Baked Bread, Pastries & Cakes...

Our markets are the first stop if you are planning a picnic or a party. Look for a great selection of speciality and artisan breads, quiches, flans, pastries, rolls and cakes. Just follow your nose! Check our website to find out which markets our [baked goods producers](#) attend.

Sustainable, Seasonal, Summer Seafood..

Fresh fish is great for summer recipes. For something exciting, try red gurnard poached with rosemary and peppercorns. Ready to eat or a couple of minutes on the barbecue or in a hot pan until skin is crispy and golden. Serve with a little Aioli and some salad and sourdough bread! Check which markets have [fish stalls](#).

Brookleas Fish Farm and **Seafare** are both offering customer discounts over the summer. Check out our [customer voucher page](#).

Follow The Fruit...

It's a great year for British **strawberries** – will it be a great year for British tennis too? No need to wait for Wimbledon to treat yourself! Follow fruits as they come into season. Early favourites like rhubarb and gooseberries make way for mid season soft-fruit classics such as **raspberries** and lush **redcurrants**. **Cherries** straight from the orchard make a high season highlight.

Q Gardens are offering 50p off any product over the summer. Check out our **customer voucher page**.



Get Back To Your Roots With Vegetables...

Roots, leaves, stems, pods, shoots...surely no other food family is quite so diverse in looks or taste. There is variety all summer long. Here are just a few to look out for;



New season's **carrots**: tender and sweet when cooked. Baby carrots are just grate (!) to eat raw in salads.

Broad beans: young broad beans are also versatile eaten hot with herb and rapeseed oil dressing, or cold in salads.

New potatoes: essential accompaniment to barbecue food, eat them hot with butter and parsley or mint, or warm in a herb mayonnaise.

Spinach and **chard**: small leaves are excellent in salads, larger leaves can be wrapped around fish for barbecues.

Please note: Availability of produce is weather dependent. If you are making a journey to a market for a particular seasonal product it is advisable to contact the trader in advance to check availability. Check out our website for contact details for fruit and vegetable traders.

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Member News

Messages from our Members

Dews Meadow



The weather held, the donkeys and bouncy castle arrived, and we were delighted to welcome so many friends and new faces to our Open Days on Friday 27th and Saturday 28th May. Jane conducted farm tours, and pork and apple burgers, a selection of sausages or pork baps were available for everyone to enjoy and relax with a hot drink or glass of wine.

Children could bounce to their hearts content, plant a seed to take home with them, or just colour in a picture, whilst Mums and Dads could have a taste of

Pork in Yoghurt curry cooked by Suzie in the fabulous Thermomix. Andy, Ralph, David, Darren and Tom were kept busy serving our guests in the Farm Shop. Rachel was on hand to give gardening advice along with a selection of her plants. All-in-all a wonderful two days - as you can see from the photo.

The Veggie Deli

Our Veggie Chorizo has been featured on TV's Market Kitchen programme, with celebrity Chef Tony Singh cooking our recipe for **Chorizo & White Bean Stew**. A delicious summer Paella recipe using the Chorizo is available on The Veggie Deli's website.

Seafare

We are proud to offer some new exciting products for summer including red gurnard, Brixham octopus, sardines cold cured in Somerset cider and "Portland Pearls" – plump,

sweet oysters harvested daily from the Dorset coast. Try our handmade seafood soups - naturally low fat soups with bold flavours like Classic Spiced Mussel or Devon Crab.

Go to our [TVFMC webpage](#) to download a copy of our summer brochure and market flyer.

Check out our [News](#) page for regular member news throughout the year.

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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 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**](mailto:info@tvfm.org.uk)

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