



Newsletter

April / May 2014

www.arthursorganics.com



Don't Forget!!!!

We are closed for summer holiday's in June - so no deliveries week commencing 23rd June 2014.

Get Social with Arthur's Organics!

- **Twitter:**
@arthursorganics
- **Facebook:**
/arthursorganics

What's In Season?

- Rhubarb!
- Spinach
- Beetroot
- Leeks
- Cucumbers
- Salad leaves
- Sorrel
- Herbs
- Pak choi
- Spring greens
- Cabbage
- Imported courgettes

A Load of Rhubarb? or Great Health Benefits?

We've got a bit of a rhubarb special for you this issue. So we thought we would do some research and let you know a couple of facts about the lovely pink coloured old-skool vegetable (yes it's actually veg not fruit!).

Rhubarb has been used for medical purposes by the Chinese for thousands of years. And recently researchers have found that

baking British garden rhubarb for 20 minutes dramatically increases its levels of anti-cancerous chemicals. The findings from academics at Sheffield Hallam University, together with the Scottish Crop Research Institute, were published in the journal Food Chemistry.

These chemicals, called polyphenols, have been

shown to selectively kill or prevent the growth of cancer cells, and could be used to develop new, less toxic, treatments for the disease, even in cases where cancers have proven resistant to other treatments. Who would have thought it!

And finally, rhubarb is a good source of compounds called anthraquinones that have natural laxative properties.

Rhubarb Recipes from our Grower Bob Slater

Rhubarb and Vanilla Jam

- 700g rhubarb
- 700g jam sugar
- 1 vanilla pod
- Juice of 1 orange

Cut rhubarb into 2cm pieces

Cut vanilla pod in half lengthways

Put rhubarb, sugar, vanilla and orange juice in a large pan and heat gently until sugar has dissolved, stirring occasionally

Bring to the boil and boil rapidly for about ten minutes, then test for setting

If not ready, boil again for 2 minutes then retest

Repeat until ready, then pour into prepared jars.

Rhubarb Chutney

- 4 lb rhubarb
- 2 lb demerara sugar
- 1 lb onions
- 1 lb raisins
- ½ pint vinegar
- 2 tsp curry powder
- 2 tsp ginger

Peel and chop onions.

Wash rhubarb and chop into chunks.

Place all ingredients in a large, solid-bottomed pan.

Bring to the boil gradually.

Continue to boil until the mixture thickens and looks like chutney.

Place in prepared jars and leave for a few weeks.



New Project!

On 13th May we'll be launching a new joint project with Time Bank Hull & ER and The Lonsdale Centre that combines local produce with cooking and workshops. Watch this space and our Facebook page for more info!

HEY Frack off!

We're proud to support the Anti Fracking campaigners in Hull. We feel that fracking is an unnecessary, pollution generating exercise that is bad for our health, our planet and our safety – just say no!

Arthur Street's very own Running Man!

Our very own Graham Brooks has been doing some trainer mileage lately in aid of charity and has already completed a fantastic sponsored half marathon in March this year.

This year he is competing in four organised runs:-

- **Wilmslow Half Marathon**
23rd March 2014
- **Beverley 10k**
11th May 2014
- **Great North Run**
7th September 2014
- **York Marathon**
12th October 2014

All monies raised will go to Farplace Animal Rescue. Please help me make a difference by making a donation to his Virgin Money Giving page.

To donate just visit :

<http://www.virginmoneygiving.com/GrahamBrooks>

RUN HAPPY
RUN GRUMPY
RUN SPEEDY
RUN SLOW
RUN A LITTLE
RUN A LOT

JUST RUN

Bob & Jane Slater's update

The year is flying by – it is April already, and a very mild winter is behind us. Whilst some among us were delighted at the absence of snow, ice and frost, Bob, as usual, would beg to differ. Winters without significant frost cause problems in the garden, as a lot of the pests that overwinter in the top layer of soil as eggs or grubs can survive in numbers, ready to wreak havoc on the spring plantings. A prolonged cold snap not only controls pests, but also has a beneficial effect on soil structure, helping to prevent compaction, and breaking up large clods of earth.

On a positive note, however, the dry early spring has allowed Bob to start cultivating the empty beds ready for planting and sowing; he has already planted out onions, broad beans and lettuce. As he is now semi-retired, Bob does

not plan to grow the same amount of produce as in previous years; he reckons it is better to grow less and concentrate on keeping the crops well weeded, rather than planting out lots of vegetables and losing them in a thicket of nettles and fat hen.

Our late winter brassicas have been excellent; the purple broccoli has been especially good, and for some reason the local pigeons have shown little interest in the crop. Bob thinks that perhaps they have not been as hungry as in previous years, due to the mild winter; or maybe the large field of rape behind the garden was more palatable to them. Either way, he is not complaining - for a change!

We also have a splendid crop of rhubarb. This is not 'forced', as much of the rhubarb is at this time of

year, but just a very early variety that likes the early spring warmth. Do let Arthur Street know if you would like to try some. Bob and I love it stewed and served with soya custard, and I plan to make some jam and chutney. (See below for recipes.)

Last year's planting of chard is now starting to regrow, and Bob has already started picking it; but the leeks are almost finished, and any left will soon start to bolt.

All gardens (and gardeners) love this time of year – the longer days and higher temperatures kick start nature from its winter lethargy, and new growth is all around us, from the hedges bright with blackthorn blossom to the new lambs in the fields; we all look forward to a productive year.

Jane Slater
Slater Organics

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