



Newsletter

Nov/Dec 2014

www.arthursorganics.com



SPONSOR OUR NEW VAN!

If you would like to sponsor our new van just visit

arthursorganics.com/van and make a donation.

All donors will be listed on a page on our website and shouted out to on social media unless you wish to remain anonymous. If you are a business and donate over £200, we can add your logo to our van. Every £1 helps! Thank you.

What's In Season?

- Kale
- Squash
- Parsnips
- Leeks
- Cavolo nero
- Turnip
- Brussel sprouts
- Beetroot
- Cabbage

A Special Appeal

A combination of a series of very costly repairs to our ailing van, and a large drop in sales during the summer months has almost brought us to our knees. The van has now become a bottomless pit, now in need of more repairs, or preferably replacement but we have absolutely no funds for either.

As the vast majority of citizens in the East Riding are still to be convinced about the benefits of local, organic food we have no choice but to appeal to you for help. As begging is not in our nature we have come up with a mutually beneficial way in which you might be able to help.

Organic magic

We are sure you have read this already, but just in case, or even if you want to spread the word, we're delighted at the recent research that came out of the British Journal of Nutrition which states that organic grown crops contain – contain significantly higher concentrations of nutritionally desirable antioxidants and lower levels of undesirable cadmium (a toxic heavy metal) and pesticide residues.

Did you know that as well as fresh fruit and veg we also sell a wide range of every day organic items such as:

Fresh **eggs** from Jenny at Foston for 1.75/half dozen

White, wholemeal and spelt **flour** as well as top quality mueslis from Tim- also at Foston

Delicious **milk, live yogurts and cheeses** from Yeo etc

Excellent **washing up liquid** and other ecological **cleaning** products from Blo D in Hull

Raw **honey** and honeycomb from well nurtured bees from Tom in Anlaby (non-organic as its not possible in Britain)

Environmentally friendly **loo roll and kitchen rolls** from Ecoleaf

This confirms what we have known for a long time, that organic is just, well better all ways round.

Anyway for those '5 a day people' who you might speak to – why not share this with them - "While no-one should decrease their consumption of fruit and vegetables, for anti-oxidants, switching to organic crop consumption is equivalent to eating one or two additional portions of fruit and veg per day because,

And a whole lot more!!! if all of our customers were to spend just 10% more every week all of our problems may be solved! Please ask us for a full price list or visit our website

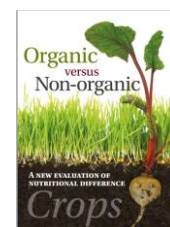
www.arthursorganics.com if you would like to order something new.

Failing that you might like to help us raise money for a new van. So if there are any budding fundraisers with time on your hands out there please let us know.

Many thanks for your loyal support which will, hopefully enable us to continue and bring even more organic goodies to your door!

with greater nutrient and antioxidant density, every mouthful counts for more."

Read the report at soilassociation.org/organicisdifferent





Food4Hull Christmas Outing to Hitchcocks

There will be a Food4Hull outing to Hitchcock's for Christmas. A booking has been made for Tuesday 2nd of December, when the food will be a mix of Italian and Greek style.

The start time will be 8 - 8.15 pm, the cost is £18 per person for a three course meal, and it is OK to bring your own wine. They would like a deposit of £5 per person.

The event is open to anyone with an interest in local sustainable food, and we look forward to meeting old friends and new. Please email info@food4hull.co.uk if you would like to come along.

Hilary, Lee-Ann and Jenny.

Bob & Jane Slater's update – the plight of one of our beloved growers!

Another summer has gone, and what a super growing season we have had. Everything Bob planted gave excellent results, with the brassicas, beans and squashes doing particularly well. The weather was, as always, the most important factor, and conditions in 2014 have been ideal. Bob only needed to use our irrigation hoses once, before planting the beetroot and late lettuce; apart from that the rain always came at the right time. The temperature too met with Bob's approval; in fact, in late October it is still remarkably warm, and our confused strawberry plants have started flowering again.

The mild conditions are now presenting Bob with an increasing number of slugs, but the hedgehogs and jackdaws usually keep them in check, and hopefully some decent frosts in the coming months will reduce their numbers. We did not suffer too badly from caterpillars in the summer months; any damage on the cavolo nero and late cauliflowers has now grown out; it just goes to show that rather than overreacting to problems, it can be best to let nature take its course, as evidenced by the healthy new foliage on the plants. Once again this year we have had no trouble with aphids whatsoever – our aphid predators are clearly doing their job well.

There is one pest, however, which has managed to breach Bob's defences. The large numbers of rabbits on the Rise Estate do a huge amount of harm to growing crops, and are a constant cause for concern. As a rule they do not present a problem in the walled garden; the high walls keep them out, and all gates are protected by wire netting.

However, an intrepid creature does occasionally manage to find a way in; last month Bob spotted one among the brassicas, and subsequently found damage to some of the squashes. Bob proceeded to investigate the matter with a diligence Beatrix Potter's Mr MacGregor would have saluted. Much effort was expended in attempting to find the culprit's route into the garden, as it appeared that it was coming in after dark to eat, then leaving before Bob's arrival. Apparently, you can recognise the entrance to a rabbit burrow (so Bob has informed me) by the heap of soil which has been excavated and deposited there; the exit is quite a small hole with no soil deposit. As the outer perimeter of the garden measures about half a mile, and is mostly overgrown woodland or sheep pasture, finding the tell-tale signs of burrowing was going to be a daunting task. However, Bob does not

give up lightly, and the fortuitous discovery of some likely looking exit holes led to the uncovering of the burrow beneath the wall. It was hidden by some old roof trusses from a demolished building on the estate. Bob duly blocked the entrance hole with old bricks, and weighted down wire netting over the exit holes. Fingers are crossed that he has managed to foil our unwanted visitor.

Work in the garden is now less hectic than in the summer months. Bob has just planted the garlic and mulched the leeks with compost; he is planning a final run over the empty beds with the tractor and rotovator to turn in the fast growing chickweed. He has now harvested most of the squashes, and they are stored in the polytunnel in all their green and gold and orange glory. My services are no longer required at the garden, and Bob himself is returning home earlier and earlier as the days shorten. But he will soon be perusing the seed catalogues and making plans for our next growing season – let's hope it proves as good as this one.

Jane Slater
Slater Organics

Recipe – Carrot & Pumpkin Soup with Paprika

3 large carrots
½ small pumpkin peeled
3 leeks or 2 onions chopped
Small turnip (optional)
Handful greens (Cavolo nero etc)
Small potato
1tsp smoked paprika
1tsp cumin
1 x organic stock cube eg kallo
Splash of oil (avocado or palm is best)
Fry off leeks or onions in oil

Chop all veg into small dice
Add chopped veg to onions, mix for a while
Add enough water to cover and stock cube.
Bring to boil and simmer gently until veg is soft.
Add paprika and cumin, simmer for 5 mins more
Blitz in smoothie maker or blender & serve w' coriander
Recipe by Ali Wileman TWS.



Great on a cold day!

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