



Newsletter

March / April 2013

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What's In Season?

- Tundra cabbages
- Savoy cabbages
- Carrots
- Beetroot
- Leeks
- Parsnips
- Chestnut
Mushrooms

5 things you might associate with us:

- Workers Co-operative
- Social Enterprise
- Milk float
- Strong, caring principles
- Locally minded

Meet our suppliers - Green Growers

Located in Nafferton, near Driffield, Green Growers is owned and operated by Dr Gwen Egginton, who developed a real passion for organics when studying for her PhD in Soil Science at Edinburgh.

She has been growing for over 25 years.

What do they grow?

Gwen manages a very aesthetically pleasing one acre plot, and grows a variety of produce including kale, apples,

strawberries, jerusalem artichokes, and radishes. In addition to this, she produces excellent and rather unique salad packs that are available from spring until late autumn through our organic box deliveries - we think they are her crowning glory!

The salad packs are hand assembled, and contain a variety of tasty organic salad leaves, most of which you will never find in the supermarkets.



Watch out for the salad leaves coming later on in the season.....

Bob & Jane Slater's update....

Although February was quite a cold month with some snow and rain, conditions were not too extreme; and towards the end of the month the weather did improve, at last allowing the garden to dry out sufficiently for Bob to start cultivating work in earnest.

First of all, the empty beds were subsoiled; this is a procedure to relieve compaction of the soil and allow it to breathe. The implement used is a single blade with a 'shoe' on the bottom, fitted to the back of the tractor. The shoe is pulled along at a depth of about half a metre, and as it

goes through the soil it lifts the compacted earth and fractures the solidified 'pan' that has formed just below the level that we cultivate. Next Bob goes over the beds with a drag to further break up the soil and pull up any deep-rooted weeds, which begin to grow at this time of year. In areas of the garden which have heavier soil and are more prone to compaction, Bob then repeats these procedures until he is happy with the state of the soil. Over the years he has found that couch grass roots – or wicks, as they are known locally – prosper in heavier soil, but can be eradicated by careful soil management.

As we have mentioned in previous newsletters, weeds are the main problem in an organic garden and controlling them the major challenge; the annual weeds will soon be starting to germinate, and Bob has learnt from experience that they are easier to deal with if the beds have been well cultivated early on in the year.

Bob has also been busy sowing more seeds in the polytunnel – the broad beans and the early cabbages are already starting to germinate, and the early beetroot should be showing soon. The onions and leeks sown earlier in the year are growing well under their fleece blankets.

Other updates!

Market Stalls Come and meet us!

Prospect Centre Food
Hall (upstairs) Sat
13th April

Humber Street
Market Sun 21st
April.

Pram Race & Shop!

We've been awarded a £100 grant from the pram race. This means we can purchase some much needed equipment and materials to help with our market stalls. It will also help with our future plans for a potential stall at our workshop in Arthur St, which would mean members of the public could come along and buy direct from us at the shop.

Watch this space!

Weekly Updates

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Continued..

Bob has broken up the remainder of last year's garlic bulbs into cloves and planted them out in a bed under the north wall, one of the warmest spots in the garden. The roots grow so quickly and strongly that they can push the whole clove out of the ground, so Bob has to be on constant alert, ready to push the overenthusiastic plant back into its allotted place.

I am still on my winter sabbatical from the garden, but Bob has assured me that my presence will once more be required as we head into spring, and the amount of work to be done increases. This is the point at which the weather becomes an even more dominant feature; cold, dry conditions make it difficult for seeds sown outside to

germinate (although the weeds never seem to have a problem); it also means the planted-out produce does not get off to a good start, and has difficulty thriving later in the season. On the other hand, if the weather is too wet, working on the beds is impossible, and everything becomes very late. Here's hoping that just for once we have perfect growing weather!

As usual in the winter months, Bob has completely taken over the planning and preparation of our meals, and even now as the nights are getting lighter and he is spending longer at the garden, he still prefers to continue his role as 'Chef'. (I am permitted to peel the occasional vegetable or wash the odd pan.) I have

included his latest offering, Mushroom and Leek Lasagne, which I have to admit was absolutely delicious. He jotted his recipe down for me after a glass of wine (or two), and at the top in bold capitals was written **THIS IS COMPLICATED**. Hopefully I have simplified and clarified his instructions sufficiently, but I accept no responsibility for any anomalies you may find!



Bob's Mushroom and Leek Lasagne

Lasagne sheets (sufficient for 2 layers in the lasagne dish of your choice)
450g leeks (trimmed, quartered lengthways, rinsed)
40g dried porcini mushrooms
200g chestnut/white mushrooms (sliced thinly)
½ jar roasted peppers (the jar Bob used was 340g)
4 cloves garlic (peeled, sliced thinly and crushed)
2 tbsp balsamic vinegar
Grated cheddar cheese
Grated Parmesan cheese

For the cheese sauce:
1 pint milk
4 heaped tbsp plain flour
200g grated cheddar cheese
1 knob of olive spread/margarine/butter
Black pepper

To make the cheese sauce, heat the milk, flour, grated

cheese and olive spread in a saucepan with a good grind of black pepper, whisking continuously. When it starts to thicken, remove from heat and cover.

Pour boiling water over dried porcini mushrooms and allow to stand for 10 minutes.

Heat the oil from the roast peppers in a shallow pan, add the garlic and fry until it is browning. Add the leeks and allow to almost colour, then remove from pan, place in lasagne dish, and keep warm.

In the same pan, place the drained porcini mushrooms (reserving liquid for use in next step) and the fresh mushrooms. Fry for 2 minutes then add the roasted peppers and balsamic vinegar. Cook for 5 minutes. Layer the lasagne sheets in a shallow dish and cover with

the liquid from the porcini mushrooms.

When liquid has been absorbed, cover leeks with half of the sheets, then spoon over half of the cheese sauce and some grated cheese.

Add the mushrooms and peppers, then the rest of the lasagne sheets, followed by the remaining cheese sauce. Top with grated cheese.

Place in preheated oven (190°C) and cook for 30 minutes until the top is bubbling and browning.

Sprinkle a generous amount of Parmesan cheese over the lasagne and return to oven for 5 minutes.

Bob served his masterpiece with Savoy cabbage (quick boiled and sautéed with olive spread and black pepper).

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