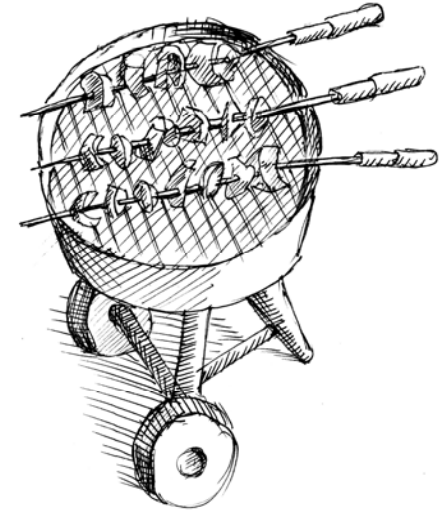


Your Receipt...

27th July 2009

This year we entered a few of our favourite foods in for the Great Taste Awards and hurray, we won! Not one, not two, but eight gold stars in total. We also have a bit of pie news for you..



Have your mates around for a barbie and we'll help you out. If you spend £25 on our BBQ range, which has everything from meats and bread to beer and condiments, we'll give you a **FREE 3kg bag of E-Co charcoal worth £5.99!***

If you'd like to get in touch, please feel free, but make sure you include your account number or postcode!

VAT number 918 0962 09
VAT is charged at 15%
on standard rated goods.



* Offer valid on deliveries between 27/07/09 and 28/08/09. Offer subject to availability.

We're seeing stars...

A touch of gold

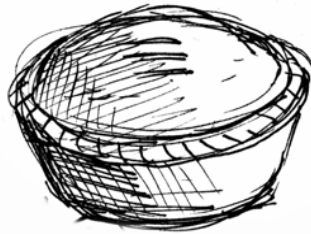
The moment that all fine food producers wait for each year is the announcement of the gold winners in the edible equivalent of the Booker prize - the Great Taste Awards. You're probably familiar with their black and gold logo which appears on awarded products.

This year, we entered 14 products and, of them, 7 came home winners. To put this in perspective, there were a total of 4873 entries: of these 639 achieved a 1 gold star recognition, 308 products achieved 2 stars and 83 products achieved 3 stars. This means 3843 products didn't get any recognition at all.

The products were judged blind by 3 separate teams of judges. And the awards were open to anyone - not just organic producers. Ok, so we're a bit proud.

So, drum roll please... Richard and Christianne's fresh, earthy, garlicky organic English basil pesto won two Gold stars.

Weighing in with one gold star is our luxurious lemon curd, sweet English strawberry jam, tangy beetroot & horseradish relish, creamy mayonnaise and Alara's wholesome gluten-free quinoa & berry muesli. So, if you're stuck on what to order next week, keep these little dazzlers in mind!



We also got a gold star for a product that sadly we can no longer sell: our Steak & Ale pie.

Pure Organics made all of our gorgeous (if not waist-widening) meat pies for us; alas, they've been lured by the big supermarkets, to make a range of new products exclusively for them (not our pies we hasten to add!).

We're pretty gutted as this leaves no room for us, and our small orders, and so meat pies are off the menu for the time being. We're so sorry to bring you the bad news.

However, our food hunters have been scouring the land and we think we're nearly there with a replacement. It's been a labour of love - it was no mean feat seeking out an alternative. We can't say much about them but we'll give you a hint in saying they've been sought out by a certain three-Michelin-starred chef who likes to dabble in molecular gastronomy.

We're also proud to say Chantelle's scrummy Ratatouille & Feta vegetarian, all-butter pastry pie won Silver in the first ever British Pie Awards - fancy being a judge for those!

A Spanish summer...



Summery squash and sweetcorn salad

This is a sunny way to eat our new onion squash from Spain. Serves 2-3 as a main, or 4 as a starter or side.

1 onion squash

1 clove garlic, peeled and chopped

5 sprigs fresh thyme

1 tbsp olive oil

2 cobs of sweetcorn (optional)

1 tbsp butter

1 tbsp red chilli jam

Fresh rocket leaves

200g Feta cheese

Sea salt and black pepper

1. Preheat the oven to 200°C. Halve the squash, scoop out the seeds and cut into 2cm wedges.

2. The skin is edible and can be left on the squash as it's very thin - it also helps the squash keep its shape. Place the squash in a roasting tin with the olive oil, garlic and 4 of the thyme sprigs. Season and mix well; roast for 30 minutes.

3. Remove husks and stringy bits from sweetcorn. Place in a saucepan or pot, cover with water, bring to boil, put a lid on the pan; simmer for 20 minutes, or until tender.

4. Drain corn, cool. Cut kernels off cob and try to keep them in largish panels, rather than individual kernels.

5. Remove thyme from squash roasting tin, add the butter and dot the chilli jam over the squash; pop into the oven for 10 minutes to give the squash colour and a hot/sweet glaze. Remove from oven and cool.

6. Assemble salad by gently tossing squash with the rocket leaves. Arrange the corn over the top and fold through. Crumble Feta over the top and serve.

Next week's recipe is red currant muffins. You'll need..

60g unsalted butter, 175g plain white flour,

2 tsp baking powder, ½ tsp salt,

120g caster sugar, 1 large egg, 120ml milk,

125g redcurrants

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