







## Its No Yolk ...

Introducing Blackdown Farm's
Artisan Eggs...



Blackdown Hills is a family run farm and egg packing business in the Blackdown Hills, Somerset, providing Westcountry Free Range Eggs to the UK Retail, Food Service and Wholesale sectors.

At the heart of their business is the welfare of their hens, and during daylight hours they're free to forage and roam amongst acres of beautiful woodland, fed only on the most nutritious diet.

But what really sets them apart, is our ability to collect, pack and deliver eggs directly from our farm, guaranteeing genuinely fresh, local and tasty Free Range Eggs.

### HAPPIER, HEALTHIER HENS

Spending more time outside foraging makes for happier, healthier hens that produce better quality eggs, so they encourage our hens to roam free in a stimulating environment.

They have worked closely with FWAG (Farming & Wildlife Advisory Groups.

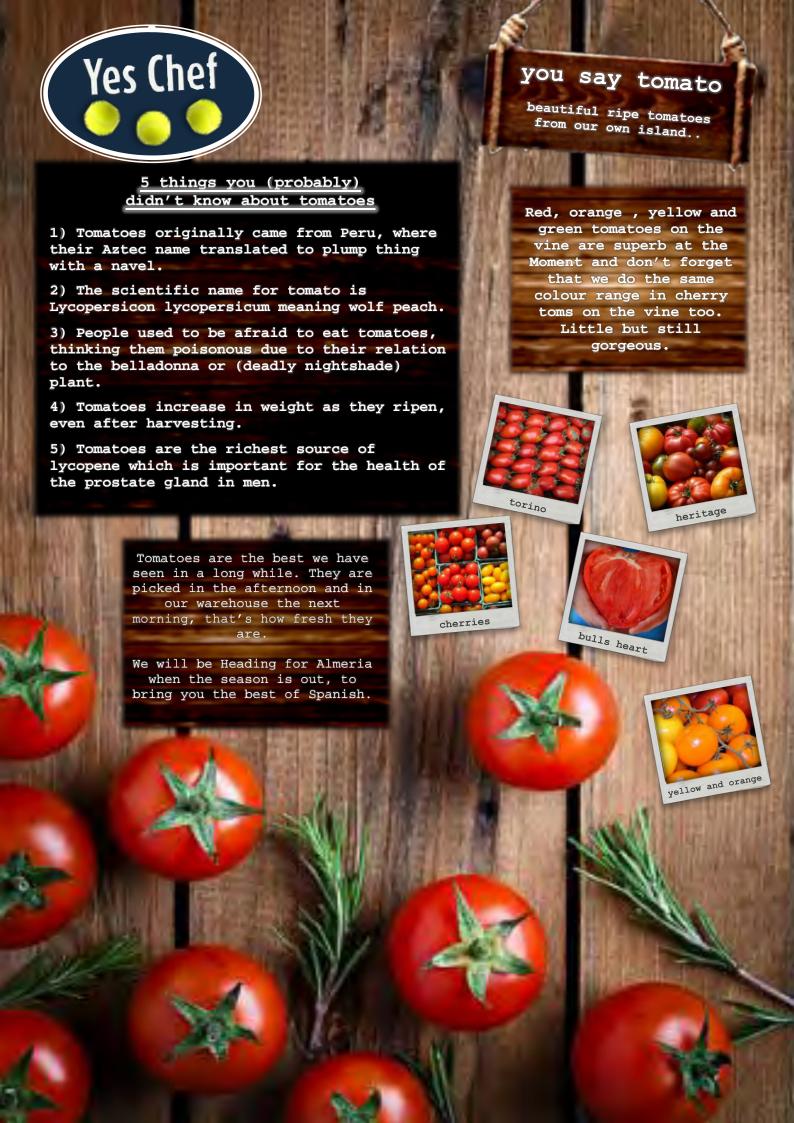
They allow our hens to follow their natural 'jungle fowl' instinct to shelter under tree canopies. To help, theye've planted large areas of native woodland trees close to the hen houses, including oak, ash and hazel. In daylight, they really are free to roam.

Inside their houses, the hens enjoy spacious, clean and comfortable resting areas.

For their quality of life, and for tastier eggs, they feed their hens top-quality natural feed, but they also have access to grass, grubs and grit to aid their digestion.





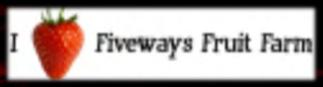






### High Five

...info on products at Fiveways



A bit of History ...

What is more evocative of a British summer strawberries and cream? Just that happened when anyone's guess. The earliest mention of the luscious fruit was in Roman times around 200BC. There are mentions of strawberries in medieval Great Britain when newly weds enjoyed strawberries, borage soured cream for their wedding breakfast believing them to be an aphrodisiac.

The best strawberries and raspberries that we've got our hands on have come from Fiveway Fruit Farm in Colchester.

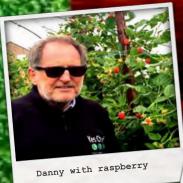
Julian Mead runs a family farm with his brother and wife that has been growing fruit since before the Second World War.

They pick their strawberries when they are fully red to ensure the best flavour. Pickers only select the ripest fruit, and picking is done in the early morning to ensure the berries are cool, which means they hold onto their flavour for longer.

Different varieties are used in different soils to extend the season so we can look forward to

Fiveway's delicious soft fruit until November.

Danny Murphy and Martin Wheeler visited the farm themselves to get a first hand view of the produce that Fiveways offer. Below are some pictures of the visit.









Nurtured In Norfolk are specialist growers of edible flowers and leaves as well as micro shoots and vegetables. Used by chefs around the country including Michelin starred chefs in some of the UK's most famous restaurants. Nurtured in Norfolk believes in delivering the highest quality and consistency in their products.

#### Micro Veg

Baby Fennel
Baby Leek
Micro Carrots
Micro Leeks
Micro Onions
Micro Turnips
Micro Rainbow Carrots
Baby Courgettes
Baby Aubergines
Cucamelons
Baby Beetroot

and many more...

9

4

3

#### Edible Flowers

Amaranth Flowers
Apple Blossom
Blackcurrant Sage
Borage Flowers
Butterfly Sorrel
Buzz Buttons
Calendula
Nasturtium Flowers
Impatiens
Lavender Flowers
and many more..

#### Edible Leaves

Apple Mint
Aztec Mint
Banana Mint
Bronze Fennel
Ice Plant
Large Nasturtium Leaves
Lavender Mint
Salicornia
Sea Beet
Sea Purslane
Strawberry Mint
Wild Garlic
Wormwood
and many more..



Golden Pea Shoots
Salad Pea Shoots
Sunflower Shoots
Tendril Pea Shoots
Golden Pea Shoots
Salad Pea Shoots
Sunflower Shoots
Tendril Pea Shoots
Tendril Pea Shoots





Next Page: Magic Mushrooms





# OUT of the Ground

Please state when ordering whether you need the potatoes for shipping or mashing, we can guide you to the best for your needs.



Chippies Choice potatoes are available in 25kg sacks, and were the **first** chipping potatoes to give storage, preparation and frying instructions in **six languages**, allowing best practices to be observed in restaurants of different nationalities.

Possibly the best specialist chipping potato brand in the UK, our exclusive Chippies Choice potatoes are a firm favourite of the fish and chip shop trade. Guaranteeing a light, golden, fluffy but firm textured chip, Chippies Choice ensures consistent production of the perfect chip. To achieve this, potatoes are always selected using strict variety, dry matter and fry colour criteria.



Available washed in 5 or 10kg boxes and in 1kg nets.

This white root is the cream of the winter crop. It's a ubiquitous part of a Sunday roast or a Christmas dinner but also over the years has been a part of the sweet course. Cakes, creams and even ice-creams have used this surprising little root to great effect.



Available washed in 5 or 10kg boxes and in 1kg nets.

A very old variety dating back to 1850 which has made an astonishing comeback in recent years .This variety is a long potato pink in colour with a butter yellow middle. It is suitable for boiling, steaming or roasting whole.



Albert Bartlett Red Roosters

The appearance of Rooster potatoes makes them stand out from the crowd- the deep red skin and beautifully shallow eyes. And they taste as good as they look. They are in high demand as Britain's favourite brand!



Available washed in 5 or 10kg boxes and in 1kg nets.

Jersey Mids are available hopefully through July unless the canning companies buy up all the fields when they go cheap.

Charlotte and Ratte are also excellent for a choice of salad potatoes.



Available in 25kg sacks washed or unwashed

This is a rare version of the King Edward and is oval in shape with red skin and a white flush. It has a floury texture suitable with the same cooking properties as a King Edward so good for roasting, chipping and mashing.



## Store Cupboard

A rundown of what we have in our dry store to compliment your fresh produce





in Oil















We have a range of great vinegars, sherry, white and balsamic to name but a few.



These are a very special These are a very speciar edition to our store cupboard. Delivered live via DHL. Beautiful, traditional and traditional and fabulously French



Special Offer on Olive for information please call the office for information

Vary-LOL

