



Take a butchers

Newsletter for the Local Food Community

Issue 3 | Spring 2009

Hello...

The days are lengthening, the crops are growing and, amazingly, we're already well into Spring, so it's time to bring you an update from Howson's Lodge. As always things have been busy on the farm, during the winter months the cattle are all kept in their barns, so have to be fed and given clean straw every day.

But it isn't just the animals that have kept us busy. We've been out sourcing more local products for you to try. We can now offer fresh bread and milk and a wide choice of fresh fruit and vegetables, see "What's in Store" for details. As such we had to update the website and that meant arranging another photo session here at the farm. As well as shots of the new products we took more pictures of Sam and Lily. They are growing so much that every newsletter the previous photos are out of date. This must be down to all the lovely food they eat!



We are holding another tasting day featuring deli and barbeque products on Thursday May 14th from 12 noon to 7.30pm and we hope to see many of you there.

Ellie

Howson's Happenings



A few of our cattle remain in the yard to finish fattening whilst the rest have been turned out to grass. It is always lovely to see them stretching their legs and wandering around the paddocks tucking into the spring grass. In June we will be cutting some of the grass for silage for their winter feed. On the arable side all the spring crops have been drilled and we have had to build a new grain store to replace some of our more antiquated buildings to house all our grain once it has been harvested.

What's in store?

Surprise, surprise - we've found even more goodies for you to eat and, for that matter, drink. Firstly, bread. We are now able to provide you with lovely locally baked fresh bread, from Kingscliffe Bakery in Kings Cliffe, a bakery with a superb reputation. The range includes sliced breads, bloomers, finger rolls for our sausages and baps for our burgers.

And, you can now pick up your daily pinta from Tebbits. Fresh British milk is now available in 1 litre and 2 litre containers with skimmed, semi-skimmed and whole milk all readily available. Why not place a regular order of milk and bread?

For your 'five a day' we are now able to supply fresh seasonal fruit and vegetables all year round. The range will vary from month to month, as everything is grown in East Anglia, not flown in from half way round the world. So we are keeping those all important 'food miles' down as well as supporting local and regional growers. From basics such as potatoes, onions and carrots to salad and asparagus, grown at Polebrook by the Ashby Family, and strawberries and raspberries, from the Long Family at Lutton, to apples, celeriac and cabbages in the autumn and root vegetables and brussell sprouts in the winter, we plan to provide a comprehensive selection on a permanent basis.

As the weather warms up don't forget we have a great selection of award winning Suffolk ice-creams as well as Chilly Billys, 100% natural fruit ice lollies made with hand pressed apple juice from a farm in Gloucestershire.





Lily and Sam have been joined by a new member of the family, Flash, our puppy (see photo). His parents are our dogs Barley and Monza and he is a labrador/collie cross. He spends most his time sleeping, playing with Herbert (his Grandfather) or following the children around hoping they will feed him snacks!

It was Sam's second birthday on Easter Monday and amongst his presents was a toy tractor which had to go to bed with him every night. However, the tractor has been superseded by a fluffy toy lamb after a visit to Sacrewell Farm to see the cade (orphan) lambs. Lily is learning all about the various types of crops growing in the fields and no car journey is complete without her cries of "rapeseed" and "wheat", interspersed with "cows" and "sheep" from Sam. I think we may have two farmers in the making!



John's Tips

Most of us are being a little careful with our cash these days, but this need not mean lowering standards where food is concerned. At Tebbits we have a number of ways to help you spend less. Firstly, we are running a number of special offers during the year, keep an eye out in the shop or look on our website (click the box on the home page).

If you have freezer space it's a good idea to bulk buy. I can cut meat to suit your individual requirements, smaller pieces for couples or larger cuts for big families and so on. We can supply small, medium and large boxes of beef, you can purchase a whole or half lamb or half a pig - and the boxes offer a sizable discount compared with individual cuts.

Our 'Butcher's Box' is another way to save money and takes all the hassle out of shopping. I put together quantities to suit your family and provide a Sunday roast, six other meat meals, plus bacon and eggs - and you save 10%!

Having saved so much money on boxes, you may wish to splash out on joint of our superb beef, local pork or mouth watering Spring lamb - cook it with a few sprigs of rosemary and serve with minted new potatoes, redcurrant jelly and freshly cooked spring vegetables (most of which are available in the shop). Delicious!



You are Invited

Come and join us for a deli and barbecue meat tasting day on Thursday 14th May, from 12 noon to 7.30 pm.

Our last tasting day, back in January, was a tremendous success and everyone seemed to enjoy trying and talking about the products, which on that occasion were our newly introduced sausage recipes and some of the charcuterie and cheeses.

We will have some new British artisan cheeses and charcuterie products as well as a range of barbecue meats including our new kebab range.

We hope to see you there.



How to find us

Opening times

- Tuesdays, Wednesdays and Thursdays 10am to 5.30pm
- Fridays 10am to 6pm
- Saturdays 9am to 1pm

Please note...

- We now have a refrigerated trailer for hire - ideal for weddings, parties and functions. Contact us for more details.
- We can also be found at Oundle Farmers Market the 2nd Sat of each month.

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