

Hello shoppers! Welcome to the latest edition of Fresh – looking forward to the spring.

We've had so many exciting new things to tell you about in the last few editions that we thought it was about time that we reminded you of some perhaps less exciting, but nonetheless important things that may have been overlooked for a while.

If that sounds a bit obscure, just read our main story below – all will become clear!

Georgina and Ross Mason



Time to take stock

We're well into our fifth year now, and so much has happened since we started that we felt it was time to take stock. It's so easy to get carried away by new things that we sometimes overlook the basics.

Here at GFS one of our basics is looking after the environment – after all, there are few things more important.

We're trying to do our bit and we'd like to remind all our shoppers of how you can work with us to do your bit too.

One of the simplest things is to re-use your plastic carrier bags. For some time now we have been cutting a penny off the bill for every bag you re-use, be it one of ours or somebody else's.

A couple of bags a visit, twice a week, saves £2 a year, which might not sound much, but as one big name quite rightly says:



every little helps. But money aside, every bag re-used is a bag less in a landfill site, where it takes up to 400 years to degrade, or in the seas, where it kills marine life.

Knowing that you are helping makes you feel good inside. Just keep a few bags in the boot of the car, in your bicycle bag, or in your pocket, and then they're ready when you need them. Simple, really.

If you want to go one step further, and ban the plastic altogether, what more stylish and practical way than with one of our hessian carriers? They come in a several sizes and strengths to suit every need.

Another simple recycling step you can take is to bring your egg boxes back to the shop for re-filling.

If you have any other ideas you think we could adopt, we'd love to hear from you.

Seasonal food

There are plenty of lovely things starting to come into season at about this time of year. It's always good to ring the changes by eating food in season when, of course, it is naturally at its best.

Keep your eyes open for oranges, lemons,

passion fruit, pineapple, pomegranate, forced rhubarb, purple sprouting broccoli, spring greens, cauliflower, spring onions, carrots, leeks, parsley, mint, celeriac, chicory, Jerusalem artichoke, kale, parsnips, maincrop potatoes, swede, spinach...



Teresa Cooks



Spinach Roulade with Smoked Salmon

Ingredients

450g fresh young spinach, blanched
15g butter
salt and black pepper
4 eggs, separated
pinch of nutmeg
2 tbsps grated Parmesan cheese
Filling:
200g low fat cream cheese
100g smoked salmon trimmings
2 tsp chopped fresh dill

1. Pre-heat the oven to 190°C Gas 5 and grease and line a Swiss Roll Tin (33 x 23cm).
2. Blend the blanched spinach with butter, seasonings and egg yolks.
3. Whisk the egg whites until stiff and fold them into the spinach.
4. Pour the mixture into the prepared tin and bake for 12-15 minutes until the top feels dry and springy to the touch.
5. Place a large piece greaseproof paper onto a clean work-surface and sprinkle with Parmesan.
6. Turn the roulade out onto it, remove the backing paper and trim the edges.
7. Mix together the filling ingredients and spread the filling onto the Roulade and roll it up as you would a Swiss roll.

Serves 4-6

For a vegetarian option try filling with 175g blanched mushrooms, a few snipped chives and the cream cheese.



Fish without fear

We love our fish counter and we love our fishmongers, Dan, Ian and Andrew. We'd like more of you to get to know them better through a series of fish cookery demonstrations that we're planning.

Dan and our GFS Fresh cook, Teresa, want to share their enthusiasm for fish.

Their demonstrations will show what to look for when choosing fresh fish, and how to prepare and cook different types.

They will also be encouraging people to try new fish, as well as new ways with familiar fish.

Please have a look at 'Dates for your diary' for a schedule of events.

SUPPLIER IN THE SPOTLIGHT

fresh looks at where
our food comes from



If you think ready meals are a complete no-no, then think again. It is perfectly possible to have high-quality frozen ready meals, made with good, fresh ingredients – we know because here at GFS we sell them!

Clarkes of Queniborough is a family business, established in 1982. Their philosophy is this: "In an age where mass production is common, we are proud to be different."

They run a village shop in rural Leicestershire, which began as a butcher's, but now sells a wide range of deli foods. The ready meals business began on a small scale in 1988, and has proved so successful that it now sells in a number of selected farm shops.

There are meals for everyday, for special occasions, or perhaps for a treat for someone living alone. They include curries, traditional favourites such as beef stew and dumplings, and gourmet treats like chicken in wild mushroom sauce.

All are prepared using the best ingredients, locally-reared or grown wherever possible, and cooked in the Clarkes kitchen, before being carefully frozen and packed to reach you in perfect condition.

So next time you feel like a lazy meal, but don't want to compromise on quality, choose something from the Clarkes of Queniborough range. You won't be disappointed.

Breakfast brunch

We did such a cracking trade selling delicious breakfast baps outside the shop during Farmhouse Breakfast Week in January, that we've decided to make it a regular feature.

On the first Saturday in the month, starting on 1st March, we will be selling brunch between 10am and 2pm, we will be featuring different flavoured sausages every month. Go on, you know you want to...

Focus on...

We launched recently our Employee of the Quarter award, for what we consider going above and beyond the call of duty.

We are delighted to say that our first recipient was Deborah Pritchard, whose contribution to the team has been invaluable – keep up the good work Debs!

This quarter's award has gone to Jackie Thorne. Jackie who joined us in May of last year and is an assistant on our butchery counter. When she arrived, she confesses, she didn't know there were quite as many cuts of meat as there are!



Jackie and Debs

She has learned a huge amount over the past nine months, and says she has the rest of the butchery team to thank for that.

"It's been great because I've had a really good team helping me," she said.

Before moving to Nottinghamshire, Jackie lived in neighbouring Derbyshire, and was a deli assistant in the farm shop at Chatsworth – a slightly larger establishment than ours!

"It stood me in good stead for coming here," she said.

CHILDREN'S CORNER

For your competition this time we would like you to help Billy the Bunny decorate his Easter egg. Make it as colourful as you can, because we want to cover the walls of our office with your entries!

Our favourite will be given a Gonalston Goodie Bag full of treats. The winner of our spot-the-difference competition in the last edition was Lottie Guy of Southwell, who wins a GFS Goodie Bag.

In our last edition you'll have seen a picture of Holly Chapman and her hens. Holly wins a prize for telling us all about her hobby. You could do the same if you let us know what you love doing – as long as it has something to do with food. Send us the details, and a picture, for a chance to win.

Name _____
 Address _____

 Telephone Number _____
 Age _____

A to Z of GFS Food Facts



Here are a few figures to get your mind boggling. They are just some of the GFS sales figures for 2007 (apologies to the purists for the X entry, and the best of luck to anyone who can think of anything more sensible beginning with Z!).

A-Z for 2007

Asparagus – 2242 bunches
 Biltong – 157kg
 Cartmel Sticky Toffee Puddings – 2833
 Dambuster cheese – 574kg
 Eggs – 21616 half dozens
 Flour Baps – 17300
 Goose Fat – 1752 jars
 Haddock – 232kg
 Inverawe smoked salmon – 97kg
 Jaquest Ox Tongue – 229kg
 Kirkhams Lancashire – 71kg
 Legs of Lamb – 2900kg
 Minced Beef – 5018kg
 New Potatoes 3001kg
 Oranges (Navelina) – 5449
 Prawns – 371 kg
 Quails Eggs – 1420 half dozens
 Redemption Soup – 1839 pots
 Sirloin – 2574 kg
 Tomatoes – 5330kg
 Un-smoked bacon – 4655kg
 Village Oak – 319kg
 Wensleydale – 112kg
 Xmas Turkeys – 2958kg
 Y-Fenni – 22kg
 Zillions of Peas – 760kg



Dates for your diary

There are plenty of them – each one the ideal excuse for treating yourself to some flavoursome food.

St Patrick's Day, on Monday 17th March, is the ideal opportunity to try some Irish favourites, including some tasty cheeses.

Easter Sunday this year falls on **23rd March**. Why not celebrate with a festive meal featuring some tender spring lamb? We have everything to accompany it, right down to the wine. Look out, too, for our delightful range of Easter chocolates and children's treats.

April 1st, 7.15pm fish talk and cookery demonstration at Woodborough Hall. Dan Brazill will be demonstrating and on hand to answer questions on filleting & cooking fish and Teresa will be cooking up a few quick and easy fish recipes.

Tickets at £15.00 (which include a light fish supper) are available from Dan Brazill at the Fish Counter and from Woodborough Hall.

On **St George's Day, on Wednesday 23rd April**, it is the ideal opportunity to enjoy roast beef and all the trimmings.

The Newark & Notts Agricultural Show on May 10th and 11th this year will include the Rangemaster Demonstration Theatre. Celebrity Chef Rachel Green will be appearing on Saturday and Sunday. The show and food court promises to be bigger and even better this year.

Keep an eye on our blackboard and on the special events page on our website for diary dates and tastings that pop up from time to time.

Feedback

If you have any feedback please contact us in the shop, by phone (0115 966 5666) or by email (info@gonalstonfarmshop.co.uk). Alternatively, complete the form and post it in the box by the till.

- Please add me to the GFS Fresh newsletter mailing list
- I would like more details about the GFS Fresh loyalty card.

I have the following comments/suggestions:

Name:

Address:

E-Newsletter

Would you prefer to receive your Newsletter by email? If so please let us know by email to: newsletter@gonalstonfarmshop.co.uk. Please quote the four digit number on the bottom right hand corner of the address label and we will amend your details.



Opening Times

Tuesday to Saturday 9am to 6.30pm
Sunday 10am to 4pm
Closed Mondays
Bank Holidays 10am to 4pm

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