



Mid Summer is upon us

Inside this issue:

Website Updates	2
Blog for latest News	2
Local Provenance Trees	2
Support Local Business	3
Local Food Heros	3
Vote to Win	3
Open Day News and Recipe	4

Special points of interest:

- The UK now imports 40% of our food (it was 15% in 1983).
- "Already food costs are rising at 6 per cent per annum, twice as fast as the cost of living. ... there is worse to come."
- Source Independent Newspaper 18/6/07

Traditionally midsummer day is 21st June and although the weather is doing its best to confuse us and everything we are growing, we are determined to "go with the flow" of global warming and make the most of any new opportunities that climate change may bring! Watch this space for Pwllyn Olives and Pwll Court Citrus Groves! I think it will more than a few years before we can offer rice grown at the farms though.

Seriously however, now that we are growing at two sites, Pwllyn at Libanus and Pwll Court at Llangynidr, it will be possible to offer lots more produce, hopefully for a longer

season. The unusually warm April this year seduced us all into thinking that summer was on its way, but the nights remained stubbornly cold and some of the crops we optimistically popped in perhaps a teeny weeny bit early are only now beginning to really put on a proper spurt of growth.

It has already been very noticeable the difference in climate between the two sites and this has provided an opportunity for a little friendly rivalry between the two which has already begun! The experienced Pwllyn is definitely the hands down victor on the strawberry front and was forging ahead on the broad and runner beans,

but newcomer Pwll Court is now making a strong bid for the first pickings. Peas have been a very keenly fought race, but it looks like Pwll Court will be the first to offer delicious sugar snap peas (a bit like mange tout but rounder and juicier!!) this week! In fact, a recent quick trawl of other box schemes showed that we might well be the first box scheme to be offering home produced peas this season.



Produce list Improvements

Some of our new customers have mentioned that it can be difficult to know what quantities to order to begin with, so on the produce list we have changed some of the weights from per kilo to per 500g or per 250g to more accurately represent likely portions.

We are also going to offer standard boxes for people who like a surprise, or are too busy to select what they want - see the June produce list for details.

Overall we want to make ordering a veggie box as easy and

enjoyable as possible, so let us know how you would like to order and we will do our best to accommodate requests. It is fine to ask for 4 apples or 3 spring onions if that is what you want - just let us know.

Website Updates



We have been making a few changes to the website recently and really want to make it more accessible to both existing and potential customers.

The dilemma, as always, is how much precious potential growing, picking and packing time we can afford to spend in front of a computer creating an all singing, all dancing

website. So we are going for a few changes at a time.

But if we have any budding website designers reading this...get in touch



Blog for latest News

A scintillating tale of daring ducklings, slug slaughter, flea beetle bashing – you would be mad to miss it!!

It is now really easy to keep up to date with the goings on at Beacons Veggie Boxes via the magic of the blog – a regularly updated account of life on the box scheme, with pics!! A scintillating tale of daring ducklings, slug slaughter, flea beetle

bashing – you would be mad to miss it!! **Coming soon on the blog –** Where's the veggie box van this week?

Catch all the latest goings on at <http://beaconsveggie-boxes.blogspot.com/>



Local Provenance Tree Nursery

Growing local provenance trees (native species grown from locally collected seed) has been a new venture at Pwllyn this year. We have growing, around 4500 seedlings, including Wild Cherry, Beech, Rowan, Blackthorn, Hawthorn and Spindle, most of which will be ready

sale as sapling this autumn. Our English Woofer Pete has taken on the responsibility for the majority of the work “I have learned a huge amount since we started the project in January and am pleased how the trees are

growing. Every one I have spoken to has been very encouraging and all the advice which I continue to receive from Cliff at The Tree Nurseries of Powys Project and Anne and Martin at Blaencamlais is gratefully appreciated

Support Local Businesses or watch them disappear?

We all want an easy life, and the persuasive power of the supermarkets trying to convince us all that they can supply everything we need, is very difficult to resist. By being a customer of Beacons Veggie Box Scheme you are playing a vital role in ensuring we all continue to have a choice of where we can buy our produce. We are really keen to keep these choices available to everyone in the future so please

keep buying from local businesses whenever you can to ensure their survival.

Although most of our customers are in the Brecon area, we now have a growing number of customers in the Crickhowell area and as we are now a two van box scheme(!) are looking at new deliveries to Builth, Talgarth and possibly Abergavenny. If you know any-

one who ought to be a Beacons Veggie Box customer and isn't yet, please spread the word.

Let us know if you would like any extra copies of the newsletter to give to people or put in places where you think people might be interested in reading it.

If you know anyone who ought to be a Beacons Veggie Box customer and isn't yet, please spread the word

Seasonal Offerings

We know this is the time of year when everyone gets impatient for new season stuff – we are frequently asked “when will such and such be available?” or “have you got any so and so yet?”! We are busy sowing, planting, pampering, slug killing and fleecing plants in a determined effort to get some new season taste to you – sometimes we get as fed up with parsnips as you do! We are also keeping an eye open on what is available from other local producers and will make their produce available whenever we can.

However, just to whet your appetite here's a list of the items that will be available from our own farms in the next three to four weeks:

- Broad Beans**
- New Potatoes**
- Mange Tout**
- Peas**
- Fresh Garlic**
- Courgettes**
- Finger Carrots**
- Raspberries**
- Blueberries**
- Cucumbers**

Keep reading the emails and checking our produce list for availability.



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UKTV Food Local Heros 2007

As you may know, we have been nominated as a UKTV Food Local Hero. This is a nationwide hunt to find small scale producers, sellers or restaurateurs who have in some way captured the imagination and support of their customers.

If you would like to support us, or Jon and Carol at Bridge Café, or Carolyn and Jim at Castle Street Restaurant, why not log onto the UKTV Food Website and place your vote – an added bonus is that you could win a rather yummy sounding Seasonal British Foods hamper – well it sounded yummy apart from the Romy Duck Terrine...

Open Days

We are hoping to hold two open days this year, one at Pwlllyn on the 9th September and one at Pwll Court, on the 16th September so that you can see for yourself if the blog entries are telling the real story! These will be held during Organic Fortnight which runs from 1 – 16 September.



www.uktv.co.uk/food/localfoodhero/index



A Herby Summer Salad Recipe

As we have great salad leaves, lettuces and fabulous fresh herbs at the moment – here is a tasty way to enjoy them.

The only thing you can't get from us in the following recipe is Dijon mustard!!

Ingredients

3 tablespoons good olive oil
1 tablespoon cider vinegar
1 tablespoon minced shallot or spring onion
2 teaspoons Dijon mustard
1 small head of lettuce
½ a salad bag
4 thinly sliced radishes

1 avocado
1/2 cup assorted whole fresh herb leaves

Preparation

Whisk oil, vinegar, shallot/onion, and mustard in medium bowl to blend. Season dressing to taste with salt and pepper.

Wash your lettuce, herbs and salad bag ingredients (unless you don't mind a possible extra source of protein!!)

Slice the radish thinly and peel and chop up the avocado into

chunks or dainty slivers depending on how you like them best.

Arrange artistically on a plate, or bung them all in a bowl and drizzle or drown with the dressing.

Serve the above regularly with your favourite bread (could be Caroline's!) and a dollop of Seriously Hunky Houmous from our friends at the Knob-bly Carrot and this country's growing obesity problem could be stopped in its tracks!!