

Heartbeat

Number 9 Summer 2009

The best: fresh, local, seasonal

☆☆☆☆☆ FOOD HYGIENE & SAFETY STANDARDS

Uncle Henry's
THE HEART OF GOOD FOOD



Hello Shoppers

Welcome to the ninth edition of **Heartbeat!**

The Uncle Henry's team is very proud to introduce to you our new shop extension which opened officially on 28 May 2009 - Uncle Henry himself cutting the ribbon.

The new extension has given us the opportunity to provide more fresh meat products, a new range of frozen ready meals, a wider variety of cheese and olives, a new line in frozen fish and an increased range of gluten-free products.

Thank you all so much for your support, which has made the creation of our new extension possible.

YOU could be our 1,000th Loyal Customer!

Uncle Henry's Loyalty Card has been a great success over the past year, with many of you reaping the benefits of becoming a member and saving money.

Sign up to our scheme and you will receive a Loyalty Card, then, for every £10 you spend in the Farm Shop, you receive a stamp. When the card is full, you receive a £5 voucher to spend in the Farm Shop on your next visit.

We are close to having 1,000 of you on board, so sign up now and you could become our **1,000th Loyal Customer** and will receive a special Uncle Henry's food hamper to mark the occasion!

So fill in the registration slip, hand it in and start collecting those stamps!

News from the Butchery...

Once again there are lots of new products from our butchery to tempt you this summer...

The BBQ season is here, with the new butchery extension open just in time for the summer months.

Double the space and double the products! - in the shop look out for the new sausage varieties, kebab specials, fresh ready-meals, coleslaw and other salad toppings, as well as the following tasty BBQ specials.

This summer we have an exciting variety of glazes to marinate your meat before sizzling on the BBQ.

Available in Hot & Spicy, Chilli, Cajun Spice, Pepper, Garlic & Herb, Chinese, Smoked BBQ and Tomato & Basil, these marinades are

a great way to add that extra special spicy flavour and keep the meat moist whilst cooking.

● The Deluxe BBQ Pack

(serves 10+ people) available through pre-ordering, this great value pack will provide the ultimate BBQ feast for this summer!

Each pack contains:

- 10 x 4oz* sirloin steaks,
- 10 x 4oz* chilli-glazed chicken fillets
- 12 x variety of home-made sausages

- 10 x lamb koftas
- 12 x chicken drumsticks
- 12 x home-made Lincolnshire sausages
- 10 x home-reared pork and apple burgers
- 10 x home-made beef burgers.

● Chicken Sausages

Available in two flavours: Lemon & Thyme and Sage & Onion, these sausages are ideal

for those who prefer to eat white meat, but simply can't resist the temptation to sometimes indulge in the classic British banger! (and they are also low in fat, which means they can be eaten as part of a healthy, balanced diet).

So there is plenty to get

your taste buds going on our butchery counter this summer, not forgetting the welcome return of the kebab sticks and home-reared pork ribs - the list is endless!

And finally, just to let you know that the girls from Uncle Henry's came out on top in the BPEX Regional Road Show! Louise's Red Arrow and Farmhouse sausages received a *Gold Award* and Barry's Lincolnshire and Caramelised Onion Sausage received a *Silver Award*, although at the end of the judging there was only one single point in it! *Congratulations to you both!*

*(approx weight)



Supplier in the Spotlight: Lizibakes

Liz Ives set up **Lizibakes** two years ago at her home in South Kelsey in Lincolnshire.

After a career as a home economist before family commitments took over, Liz was keen to get back to using her renowned culinary skills professionally.

It was whilst working in conjunction with Uncle Henry's on recipe development that Liz came up with the idea of creating speciality cakes for people suffering with Coeliac Disease (allergy to gluten in products containing cereal derivatives).

The demand for gluten-free food was steadily increasing and many of Uncle Henry's customers were requesting a range to enjoy in the café and a similar range to purchase in the shop.

The issue was how to create a cookery space that was free from any possible cross-contamination. Liz had the perfect solution! She was able to turn 'The Old Wash House', which is adjacent to her family home, into what is now known as 'The Old Bake House'. The outbuilding



was renovated and refurbished, creating the ideal working space for the production of truly gluten-free products.

Liz admits that it wasn't easy coming up with the perfect recipe, but by experimenting with alternatives to wheat flour, she managed to create her own special blend which was better than the major retailers could offer.

Liz says: 'So little gluten-free food is available either to eat out or to buy in shop. My aim was to create a range that is as good, if not better, than normal food and I think I've achieved it'. Uncle Henry's customers are certainly enthusiastic about cakes that not only look good and slice well, but also taste fantastic too.

The original cake range of Real Chocolate Cake, Fudge Cake and Honey & Almond has been extended to include Carrot Cake and a St Clements Cake (orange and lemon). In addition, a fortified Tropical Fruit Cake and traditional Rich Fruit Cake are available seasonally.

By popular demand, there are now savoury treats such as Cheese & Onion Cornbread and Sun-dried Tomato & Parmesan Bread.

The latest innovation is a Cotchill Blue Cheese & Rosemary Biscuit dough, available in a handy frozen round that can be sliced and baked as required.

Come in-store and see for yourself!

Events coming soon

Flower Demonstration

Saturday 19 September

Look out for more dates coming soon

Beer & Wine Festival

Saturday 12 September

Look out for more details in store

Cooking Demonstrations

Wednesday 16 September

'Tastes of Spain'

Wednesday 7 October

'Dinner with Friends'

Wednesday 25 November

'Lincolnshire Winter Warmers'

Wednesday 16 December

'Easy Christmas Fayre'

All demonstrations: 11.30am - 2.00pm

£25 per person

£5 shop voucher included

Card-making Classes

Saturday 24 October

Look out for more details in store

Art Classes

Tuesday 22 September

Look out for more details in store

Down on the Farm...

After a very dry spring, the crops have picked up well with the wet and warm conditions of late May and early June.

The dry spring was excellent for potato planting and those of you walking the farm trail will see a nice crop of King Edward potatoes at the back of Pond Cottage. If it stays dry we will be busy irrigating the potato crops to help the quality and also to improve yields.

The cereal crops will need more rain between now and harvest to maximise the crops and meanwhile we are busy readying the machinery for the harvest period of July, August and September.

We have also been helping Nicky Greenwood with the new walled garden which we are now planning and planting for our customers to enjoy next year.



Did you know...

In 2006, the United Kingdom became Europe's leading barbecue nation, hosting over 110 million (that's an awful lot of meat!)



Did you know...

Every day of every week in the year 5 million Brits will eat sausages (and there's none more tasty than Uncle Henry's!)



Focus on Frozen Fresh Food



Which is best - fresh or frozen?

There is much debate on whether fresh or frozen food is better for you. So let's have a look and sort this one out!

Here at Uncle Henry's we offer a wide variety of both fresh and frozen products from Field-Fare, an independent frozen food supplier from Kent. One of the biggest consumer worries is that frozen food is deemed to be processed and therefore must contain preservatives, but in reality, freezing is a natural form of preservation and doesn't involve preservatives at all.

So our customers should be aware that frozen food is just as nutritious as fresh food. Scientific evidence from universities and 'science people' shows that, in comparisons, frozen vegetables and fruit have the equivalent nutritional value as fresh and this has been accepted by the Health Education Authority - so it must be true!

It is reported by the British Frozen Food Federation that the retail frozen food market is now worth over £4.8 billion and growing at 5% per year. Now that really is a very successful story!

In addition to being quick and economical to use, the benefits of frozen food, in particular vegetables, is that they are picked and frozen within hours of harvest, compared with fresh vegetables which may perhaps have been stored for several days before purchase or use.

Alf Carr, Director of the British Frozen Food Federation is delighted that frozen food has finally got the recognition it deserves. He said: "This gives great assurance to consumers who wish to embrace the convenience of frozen vegetables, and not miss out on vital vitamins and nutrients - you can be sure it's fresh if it's frozen".



Top tips for freezing food

- 1 Ensure that food is in perfect condition before freezing.
- 2 Divide food into small portions, this ensures rapid freezing and better quality on defrosting.
- 3 Use the correct type of packaging or container.
- 4 Make sure that food is tightly wrapped or sealed and that no air or water can get in or out.
- 5 Check that the temperature of the freezer is at 0°F or below.
- 6 Do not freeze too many unfrozen items at the same time.
- 7 Leave space around newly-introduced packages.
- 8 Defrost items in a refrigerator or in cold water.



Field-Fare Recipes



Tuna Steaks with a Cucumber, Dill and Wild Rocket Salsa

- 4 tuna steaks (in our new fish freezer)
- Half a large cucumber
- 50g wild rocket
- 2 tbsp chopped fresh dill
- 3 tbsp vegetable or sunflower oil
- 1 tbsp red wine vinegar
- Salt and black pepper

Cut the cucumber in half lengthways and use a teaspoon to scoop out the seeds. Cut lengthways into strips then dice finely. Toss together with the wild rocket and dill.

Heat a ridged grill pan (preferably non-stick) over a medium-high heat. Brush the tuna steaks with a little of the oil. Mix the rest of the oil with the vinegar and season with salt and pepper.

Lay the fish in the hot grill pan and fry for 2-3 minutes each side, depending on thickness (it's best to serve this fish medium rare, so don't overcook it). When the fish is done, remove to individual warmed plates and top each steak with a handful of the salsa. With the pan still on the heat pour in the vinegar and oil mixture and let sizzle for a few seconds before pouring it over the fish and salsa.

Knickerbocker Glory

Layer up sundae glasses with a mixture of strawberry, kiwi and pineapple and vanilla ice cream.

Top with a fudge sauce made by heating 170g evaporated milk with 225g plain chocolate over a saucepan of simmering water for 10 minutes. Top with whipped cream. *Wickedly delicious!*

Did you know...

More ice cream is sold on Sunday than any other day of the week!



Did you know...

During the Wimbledon World Tennis Championships roughly 27,000 kilos of strawberries are eaten, together with 7,000 litres of cream (and that's just in 2 weeks!)



Official Shop Opening Success!

A huge thank you must go to all of you who came along and supported Uncle Henry's at our Official Shop Opening Evening.

It was a very successful event, with many of you enjoying the delights that some of our producers brought along for you to taste and try! The weather held up beautifully, which made Paula's BBQ cooking very topical! Many of you have expressed an interest in Paula's demonstrations and the good news is that we have four dates lined up, starting in September (details listed on the facing page), all with a different theme. So pop in and put your names down, or simply give us a ring. It's great value at only £25 (with a £5 shop voucher included as well) - an informal, fun day. So treat yourself or a friend, but places are limited, so please book early to avoid disappointment.

Jack, Tom and Zoe, our House-Band, played some great music during the evening, with Zoe playing some jazz classics on the trumpet, whilst Tom and Jack played some chart-busting songs on their acoustic guitars.



Mr Martin was the lucky winner of our raffle, his prize of a Lincolnshire produce hamper should keep him going over the next couple of weeks with some lovely local treats inside!

Many thanks to you all once again, and we look forward to seeing you soon!

The Education Corner

Pasta And Potato Soup

Filling any stomach this soup gets in, it has been a big favour for many people. Originally made without milk, this soup has been changed many times to meet perfection. This soup includes salt for flavour and is a delight for vegetarians to.

Ingredients:

3 potatoes, 2 onions, 1 leek, about 100 grams of pasta, a pinch of salt, and a pinch of pepper, 1 mug of milk, a carrot, and 3 veg stock cubes.

Preparation,

Peel and chop the potatoes, peel and chop the onions, don't forget to chop



the top and bottom off. Finely chop the leek. Peel and chop the carrot, chop off the top. Dissolve 3 stock cubes in a litre of boiling water. Add the veg and milk and cook for half an hour (30 minutes).

To Garnish;

Blend till a thick paste and if you want, slice some bread and serve with the soup. Now enjoy eating it.

Cook's Tip

If you are serving bread with your soup it is a good idea to make softies because it is easier to dip.



L.C

Visiting Uncle Henry's Farm is an experience that will give your children inspiration and information about parts of the Curriculum that are sometimes difficult to teach in a conventional classroom environment.

A visit to a local farm allows children to see and experience for themselves how a modern farm works, in an enjoyable and safe environment.

The staff at Uncle Henry's were pleased to welcome over twenty groups of local school-children during the summer months last year, enabling the children to learn interesting new skills and widen their knowledge, including how their food grows, calculating food miles, designing recipes, looking at soil profiles, building environmental habitats and much, much more!

One of the local schools which has visited Uncle Henry's is Ingham School, located just north of the city of Lincoln.

They visited us in January this year and, based on what they learned whilst here on the farm, the students completed an entire term's work covering an extensive range of different topics and knowledge.

Learning how delicious and nutritious soups can be made from fresh farm vegetables inspired them to create some tasty recipes of their own (see the Pasta & Potato Soup above) and learning some history about the Grayingham area enabled them to write some fascinating (and sometimes scary!) stories about the highwayman who used to roam the area close to Uncle Henry's stealing from travellers on what is now the A15 (see below).

The Highwayman

Trotting along the dusty road, on the 17 March 1861, Eric Halk was travelling with Lady Victoria to York to celebrate St. Patrick's day.

Slowly, the dust started rise around the Golden Carriage. Without warning, the Highwayman pounced into the carriage and took all of Lady Victoria's golden jewels. Making a dramatic pause he heard snorts galloping in the distance!

Meanwhile, the Highwayman disappeared into the darkness of Violets Wood and in a split second Eric chased after him.

Arriving at the Wood, the Red-coats surrounded the Highwayman. Shocked by the number of Red-coats, the Highwayman got caught and

luckily Lady Victoria got her jewels safely returned and sometimes, just before sunset, one might glimpse a dark figure on horseback trotting in Violets Wood.



Uncle Henry's website

Find out what's going on at Uncle Henry's - the shop, the café, educational visits, special demonstrations and much, much more.

You can also find information about other events which take place at Uncle Henry's - weddings, parties, group meetings and business conferences.

Visit us at:

www.unclehenrys.co.uk



We are located around 5 miles north of Caenby Corner off the A15 Lincoln to Scunthorpe road, on the B1205 to Kirton Lindsey.

The turning is well signposted - look for the Uncle Henry's logo on the signs.

OPEN

Tuesday - Saturday
9.30am - 5.00pm

Sundays and Bank Holidays:
10.00am - 4.00pm

Mondays: closed

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