



CAMBRIDGE ORGANIC GAZETTE

courgette



A fresh perspective
Take a look at what we have to offer

Putting local food on the map
See where our produce is grown

Seasons' eatings
Our handy pull-out calendar of what's in season when

Audley End
Our most elegant grower

We deliver veg boxes sourced from local farms. This is a great time of year to join us, so we'd like to tell you a little more about who we are and what we do.

CHOOSE YOUR INTRODUCTORY OFFER!
SEE BACK PAGE

Comment from Duncan:

Founder and owner of Cambridge Organic.



This is the time of year when we always see an increase in the number of people joining our organic veg-box scheme, so we thought it was a good time to introduce ourselves. And as so many people have joined us during the course of the last year, it's also a great opportunity to get better acquainted with all those new members.

The start of 2022 is a great time to change the way you buy your food. With the climate emergency reaching critical levels, 2022 must be a year when we all take action. The food system is the second biggest contributor to climate change, so choosing to eat more locally and sustainably produced fruit and vegetables is one of the most important things you can do to save the planet.

We want to encourage as many people as possible to make this change, so we are offering new members a choice of great introductory offers. Have a look at the back page for details.

If you are not familiar with Cambridge Organic, we are a small business who's been delivering boxes of locally grown organic fruit and veg in and around Cambridge for over twenty years. We try to be as environmentally friendly as we can in everything that we do, from delivering our veg in electric vans to collecting and re-using the boxes we pack our veg into. But above all, we want to do everything we can to help Cambridge have a sustainable food system. To achieve this, we're creating a sustainable Food Hub in the city. It will be at the heart of a local food system in which the food grown in the fields close to our city makes its way directly to local shops, restaurants, schools, and colleges. The more people who join our veg-box scheme, the more we'll be able to realise this vision.



We Love Local



LOCAL HEROES. Meet our local farms.

We are committed to local. It's central to everything we do. Fresh veg, sourced directly from local farms: it's why we get out of bed in the morning. We thought the best way to tell you who we are is to show you where our food comes from. These are the farms we collect our produce from: they are the real local heroes!

Wild Country Organics. Our nearest neighbour. Award-winning salad, greens and Mediterranean veg pour out of 10 acres of glasshouses in Great Abington.

Waterland Organics. Family-run farm in the fens between Anglesey Abbey and the river Cam. Community crop-share producing a full range of veg.

Prospects Trust. A charity with an organic farm offering employment and training to adults with learning difficulties and other disabilities and health needs.

Audley End Kitchen Garden. Walled Victorian garden at the English Heritage stately home. See the main article on pages 6-7.

Hughes Organics. With nearly 40 years of experience, Grahame's Breckland polytunnels are amazingly productive. He's also our go-to man for other East Anglian produce.

James Foskett. A big farm in the beautiful Deben valley growing potatoes, carrots, beetroot, sweetcorn, French beans and sweet potatoes!

Home Farm Nacton. Another big Suffolk farm on the north bank of the Orwell estuary, producing lots of hearty winter veg: cabbages, leeks, broccoli and sprouts.

Capel Mushrooms. All our mushrooms are grown here. When we collect from Foskett's and Nacton we pop in to get our mushrooms.

Laura's Organic Orchard. Hidden away between Little Walden and Hadstock, Laura has an orchard with apples, pears and plums, and a flock of hens who'll soon be supplying us with eggs.

Bedlam Farms. A farm who grows a few niche crops to a very high standard. Asparagus, globe artichokes and rhubarb in season.

G's Fresh. A network of farms all over the UK and indeed, Europe, with local sites just outside the fenland towns of Ely and Ramsay.





JANUARY

Apples, Beetroot, Brussels Sprouts, Carrots, Celeriac, Celery, Jerusalem Artichokes, Kale, Leeks, Mushrooms, Onions, Parsnips, **Pears**, Red Cabbage, Salsify, Savoy Cabbage, Spring Greens, Spring Onions, Squash, Swedes, Turnips, White Cabbage.

FEBRUARY

Apples, Beetroot, Brussels Sprouts, Carrots, Celeriac, Jerusalem Artichokes, Kale, Leeks, Mushrooms, Onions, Parsnips, **Pears**, Purple Sprouting Broccoli, Red Cabbage, Salsify, Savoy Cabbage, Spring Greens, Spring Onions, Squash, Swedes, White Cabbage.

MARCH

Artichoke, Beetroot, Carrots, Leeks, Parsnip, Purple Sprouting Broccoli, Radishes, Rhubarb, Sorrel, Spring Greens, Spring Onions, Watercress.

EAT SEAS

JULY

Aubergine, Beetroot, **Blackberries**, **Blackcurrants**, Broad Beans, Broccoli, Carrots, Cauliflower, **Cherries**, Chillies, Courgettes, Cucumber, **Gooseberries**, **Greengages**, Fennel, French Beans, Garlic, Kohlrabi, New Potatoes, Onions, Potatoes, Radishes, **Raspberries**, **Redcurrants**, **Rhubarb**, Rocket, Runner Beans, Sorrel, Spring Greens, Spring Onions, **Strawberries**, Summer Squash, Sweetheart Cabbage, Swiss Chard, Tomatoes, Turnips, Watercress.



AUGUST

Aubergine, Beetroot, **Blackberries**, **Blackcurrants**, Broad Beans, Broccoli, Carrots, Cauliflower, **Cherries**, Chillies, Courgettes, Cucumber, **Damsons**, Fennel, French Beans, Garlic, **Greengages**, Kohlrabi, Leeks, Lettuce, Mangetout, Marrow, Mushrooms, Parsnips, Peppers, Potatoes, **Plums**, Pumpkin, Radishes, **Raspberries**, **Redcurrants**, **Rhubarb**, Rocket, Runner Beans, Sorrel, Spring Greens, Spring Onions, **Strawberries**, Summer Squash, Sweetcorn, Sweetheart Cabbage, Swiss Chard, Tomatoes, Watercress, White Cabbage.

SEPTEMBER

Aubergine, Beetroot, **Blackberries**, Broccoli, Brussels Sprouts, Butternut Squash, Carrots, Cauliflower, Celery, Courgettes, Chillies, Cucumber, **Damsons**, Garlic, Kale, Kohlrabi, Leeks, Lettuce, Mangetout, Marrow, Onions, Parsnips, **Pears**, Peppers, **Plums**, Potatoes, Pumpkin, Radishes, **Raspberries**, Red Cabbage, **Rhubarb**, Rocket, Runner Beans, Samphire, Sorrel, Spinach, Spring Greens, Spring Onions, **Strawberries**, Summer Squash, Sweetcorn, Sweetheart Cabbage, Swiss Chard, Tomatoes, Turnips, Watercress, White Cabbage.





APRIL

Artichoke, Beetroot, Carrots, New Potatoes, Kale, Parsnips, Radishes, Rhubarb, Rocket, Sorrel, Spinach, Spring Greens, Spring Onions, Watercress.



MAY

Artichoke, Asparagus, Aubergine, Beetroot, Chillies, Lettuce, New Potatoes, Peppers, Radishes, Rhubarb, Rocket, Sorrel, Spinach, Spring Greens, Spring Onions, **Strawberries**, Sweetheart Cabbage, Watercress.



JUNE

Asparagus, Aubergine, Beetroot, **Blackcurrants**, Broad Beans, Broccoli, Cauliflower, Cherries, Chillies, Courgettes, Cucumber, **Gooseberries**, Lettuce, New Potatoes, Peppers, Radishes, **Raspberries**, **Redcurrants**, **Rhubarb**, Rocket, Runner Beans, Sorrel, Spring Greens, Spring Onions, **Strawberries**, Summer Squash, Sweetheart Cabbage, Swiss Chard, Turnips, Watercress.

ONAL UK

OCTOBER

Aubergine, **Apples**, Beetroot, **Blackberries**, Broccoli, Brussels Sprouts, Butternut Squash, Carrots, Cauliflower, Celeriac, Celery, Chestnuts, Chillies, Courgette, Cucumber, Kale, Leeks, Lettuce, Marrow, Onions, Parsnips, **Pears**, Potatoes, Pumpkin, Radishes, Red Cabbage, Rocket, Runner Beans, Salsify, Savoy Cabbage, Spinach, Spring Greens, Spring Onions, Summer Squash, Swede, Sweetcorn, Sweetheart Cabbage, Swiss Chard, Tomatoes, Turnips, Watercress, Winter Squash, White Cabbage.

NOVEMBER

Apples, Beetroot, Brussels Sprouts, Butternut Squash, Carrots, Cauliflower, Celeriac, Celery, **Chestnuts**, Jerusalem Artichokes, Kale, Leeks, Onions, Parsnips, **Pears**, Potatoes, Pumpkin, Red Cabbage, Salsify, Savoy Cabbage, Swede, Swiss Chard, Turnips, Watercress, Winter Squash, White Cabbage.



DECEMBER

Apples, Beetroot, Brussels Sprouts, Carrots, Celeriac, Celery, **Chestnuts**, Jerusalem Artichokes, Kale, Leeks, Mushrooms, Onions, Parsnips, **Pears**, Potatoes, Pumpkin, Red Cabbage, Salsify, Savoy Cabbage, Swede, Swiss Chard, Turnips, Watercress, Winter Squash, White Cabbage.

CAMBRIDGE
organic





AUDLEY END KITCHEN GARDEN

Our local producers are the core of who we are and Audley End's organic walled kitchen garden is surely one of our most elegant growers!

The beautifully presented gardens cover eight acres and grow an amazing variety of fruit and vegetables. Many are historical varieties from the 19th century, this being the era to which the gardens were restored around 21 years ago.

Gemma Sturges is our knowledgeable guide for the day. She has worked at Audley End for 10 years, starting as a student and working her way up the vine to supervisor gardener. Audley End is managed by the charity English Heritage and both the gardens and house are open to public. The kitchen gardens are therefore a mix of show and working gardens. As Gemma explains, the garden "needs to look nice for visitors, they come to see that history and that tradition". However, they also produce a wide range of fruits and vegetables, including 120 varieties of apples, 40 types of pears, 60 kinds of

tomatoes, plus many other fruits and vegetables, many of which you'll find in our veg boxes.

As well as providing produce for us at Cambridge Organic, they also supply the onsite restaurant; if you visit, you may see the head chef on his weekly visit to the gardens.

They produce their own compost (utilizing the onsite stables) and are currently experimenting with a mixed green manure using Field Beans, Crimson

Clover and Forage Pea to "increase yield above and below ground as this diversity of species can help with mycorrhiza fungi interactions and resource sharing."

Audley End use open pollinated seeds where possible, meaning the seeds are naturally pollinated and saved to be reused. This

means that while the offspring from one generation retain many of the characteristics of their parent plants, there is still a wide genetic diversity within the plants of any one variety.

'Audley End is a fine working example of a Victorian kitchen garden, balancing traditional horticultural practices with a modern sensibility, sustainable techniques and organic growing principles'

theenglishgarden.co.uk



This approach is in stark contrast to the way commercial fruit and veg is now grown. Over the last 100 years, 75% of the genetic diversity within our food crops has been lost under the influence of the big seed companies. At Audley End, they not only try to save their own seed but grow varieties which are local to the area. Gemma explains that they focus on local Essex varieties, and “seeds with historic providence that work well with local soil.”

The kitchen garden at Audley End was first established by the charity Garden Organic. Although Gemma and her team now work directly for English Heritage, they still work closely with Garden Organic, whose Heritage Seed Library aims to conserve vegetable varieties that are not widely available.

During the winter, Audley End is open to visitors on the weekends but in the summer it's open throughout the week. Whatever time of year you choose to visit there's lots to see: alongside the beautiful beds of fruit and veg, the gardens also include an 1820 vinery range, a bothy, potting sheds, tool sheds, and some wonderfully trained pear and apple trees. Whatever time of year you visit, it's a great day out – and fascinating to see where so much of our veg is grown.



photo credit: Gemma Sturges



What is a kitchen garden?

It's a garden where you grow your own food, such as herbs, vegetables and fruits.

For Audley End, this consists of a grand space that in the past (along with livestock from the farm) would have sustained those who lived and worked on the estate and even helped feed the local village.

Over the last two years of the pandemic, kitchen gardens have become increasingly popular as many of us have strived to become more self-sufficient. Demand has grown for allotments, and many people have planted vegetable patches in our own back gardens.

At Cambridge Organic, we believe that local equals more sustainable. Whether you grow your own or buy from local producers, you lower your food miles and support the local food ecosystem.





ALLOW US TO INTRODUCE OURSELVES ...

We're the local vegetable people

Since 1998 we have been delivering organic veg boxes to the Cambridge area with produce sourced from local farms.

With our veg boxes, you can control what you get

Our Choice boxes offer a unique service: pick the contents of your box each week with easy online selection. If you prefer to leave the selection to us (and get a lovely surprise each week), then we do that as well.

CHOOSE YOUR INTRODUCTORY OFFER!

Because we believe in giving you control over your deliveries, we're giving you a choice of introductory offer:

1. Free local gift pack worth £20

A selection of prepared foods from our 'Cambridge Food Hub' network of local artisan producers. Use code **GIFTPACK**

2. 25% off your first order

Applies to both your veg box and any groceries you add to it. Use code **DISCOUNT**

3. Donate £10 to Cambridge Sustainable Food's surplus food redistribution centre.

Use code **DONATE**

Weekly or fortnightly deliveries continue automatically after your first order. You can cancel membership at any time. Offers are for new members only but we'd be delighted if existing members recommend us to friends. If you do, ask them to mention your name and we'll donate an extra £5 to CSF.

