

CAMBRIDGE ORGANIC GAZETTE

courgette

your local veg-box people



A Farewell to Foxy

**25% discount offers
for Organic September**

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Founder and owner of Cambridge Organic

I don't know about you, but it feels as though we've had one of the best seasons ever for delicious, fresh, locally grown food. Particular highlights for me have been those gorgeous greengages from Brownsfield Farm, colourful salad bags from Sweetpea Market Garden, incredibly flavoursome early apples from Waterland organics, and, for a lucky few, who could forget those beautiful historic peaches grown in the organic kitchen garden at Audley End House. It's such a privilege to be in the 'hub' where all this fantastic produce convenes before being packed into boxes and proudly delivered to your homes. The season is not over yet; there is plenty more to get excited about in the weeks to come.

The next big thing on the horizon for us is an event we are hosting as part of our participation in the Procurement for Good project. The aim of the 'PFG' project is to make it possible for local schools, colleges and hospitals to buy sustainably produced food from local farms. This is much easier said than done of course (Lord knows we've been trying for years already), but the impact of achieving this aim would be so great it's well worth the time, effort and perseverance everyone is putting in. We've already got some great people lined up to attend this event, so hopefully we can make some decent progress this time.



Dave Fox, Foxy, was much loved and highly respected by many people in Cambridge, especially amongst the environmental campaigning and allotment holders' communities. Our own Dave has written a fitting tribute to Foxy, which you can read on the next page.



Remembering Foxy – written by Dave Jackson

In our front garden is a fig tree, grown from one of many cuttings given to us and others by Dave Fox, known as Foxy. Several cuttings from our fig have now been similarly passed on. This is one small part of the legacy Dave Fox left behind, typifying his passion to promote a sense of community and an understanding of food growing.



Environmental and animal-welfare concerns were a part of Dave's life right from his Cambridge University days. In his early years, Dave worked in Arjuna, a wholefood cooperative well known to many in Cambridge. Later on, in Trumpington, Dave was a force for bringing the allotment society into the twenty-first century, including designing and maintaining the Trumpington Allotment and Gardening Society website. Even more importantly, in 2003 when we rented our first plot, Dave's hard work leafletting bumped the allotment occupancy from 70% to 100% with a growing waiting list, within a year.

Dave also ran a regular Sunday stall at the Cambridge Market, selling vegetables sourced from his allotment, to raise awareness about home-grown food. He became very involved with the food group Transition Cambridge and, for several years, ran "Grow Your Own" sessions on the Foster Road allotment. Meanwhile, he led the fight to improve Cambridge-wide allotment provision with the Cambridge Allotment Council. He set up a petition that led to a fruitful dialogue with the city council to get allotment provision on every one of the new developments in the Cambridge Southern Fringe.

After his cancer diagnosis, Dave had both his and the neighbouring house, which he had bought for his mother, upgraded to a truly ecologically sound standard, with heat pumps, solar, and external insulation. He had underground rainwater tanks added to use with the loos and the washing machine too. Using soft water for washing machines also greatly reduces the amount of detergent needed.

There is much more that could be said about Dave Fox and the positive changes he brought about not just for the Allotments in Trumpington and wider Cambridge allotment community, but also his positive contribution to raising awareness of the importance of locally grown food.

Foxy will be missed by us all.

20% off ALL Royal Green Supplements and Vitamins

Vitamin B from coal tar? Nail polish remover used to extract substances? 90% cheap fillers per capsule? These are all common place realities within the supplement industry. Royal Green are different; offering a truly natural and whole-food alternative to the synthetic vitamins and minerals prevalent in the market.

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- **100% Organic** • Royal Green's commitment to certified organic ingredients, sustainably sourced and free from pesticides and artificial additives, is a cornerstone of its philosophy. This family run company connects to 60 organic farms worldwide.

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Can't see the product you want? You will have received Royal Green's full brochure with this edition of the COurgette. If there is anything that you want to buy that's not listed on this page, please get in touch at hello@cambridgeorganic.co.uk



**25%
OFF**

Have you tried these new grocery items yet?



**25%
OFF**

ENGLISH TEA SHOP

Find them under 'drinks'

100% organic teas, grown and produced with ethics and values that we share. With 20% OFF introductory offer in September and October. Currently £2.62, normal price £3.49

- **English Breakfast**
- **Earl Grey**
- **Chamomile**
- **Lemongrass & Ginger**
- **Peppermint**
- **Green Tea**
- **Tumeric**
- **Rooibos**
- **Sleepy me**

BIONA GRANOLAS

Find them under 'breakfast treats'

- **Chocolate and Coconut** £4.69
- **Wild Berry** £5.69
- **Honey Hazelnut** £4.99
- **Pure Oaty** £4.09

BIONA WAFFLES

Find them under 'snacks'

- **Hazelnut Waffles** £3.69



PROSPECTS TRUST JAMS

Find them under 'preserves'

These locally made jams change with the seasons! Currently we have:

- **Blueberry Jam** £3.50
- **Blackberry Jam** £3.50
- **Strawberry Jam** £3.50
- **Rhubarb & Ginger** £4.20



DEFRA Food Strategy Launch – The Good Food Cycle

Luke Neve, North of England Regional Coordinator for Better Food Traders, reflects on the launch of the DEFRA Food Strategy in Bradford earlier this year. Better Food Traders is a not-for-profit supporting a UK-wide network of small to medium food enterprises who want to create thriving local food economies that protect nature, climate, farmers and communities. A network that we are proud to be a member of.

On Tuesday this week (15th July) I was in Bradford to witness the launch of the UK Government's Good Food Strategy for England. The presentation took place at Darley Street Market, which having just opened its doors to the public is a fresh start for the city's food scene, and a symbol of renewal and local pride. Minister for Food Security Daniel Zeichner used this lively backdrop to announce his vision for a fairer, healthier, more sustainable food system – one where everyone, no matter their income or postcode, can access good food.

At Better Food Traders, we welcome the UK Government's new Good Food Strategy as a long-overdue signal that the food system needs to play a central role in improving our environment, economy, culture, and public health. The emphasis on British food pride and support for our farmers, producers and workers is heartening and echoes the values we champion ourselves. We particularly welcome acknowledgement of The Invisibility of Nature, the need for Good Growth, and Vibrant Food Cultures in the policy paper.

The strategy paints a compelling vision of a food system that nourishes communities. But it is important to recognise that the current system is broken for too many people. Healthy food is out of reach for low-income families, small-scale producers face



mounting barriers, and the climate and nature crises are intensifying. Its ten priority outcomes offer a broad framework, but delivery will require joined-up thinking, investment in small and medium food enterprises, and support for truly regenerative farming practices, not just industrial agriculture with a green badge.

Better Food Traders stands ready to help build this better system. Our network, which supports sustainable, independent food businesses, already delivers much of what this strategy aspires to: nutritious,

affordable, British-grown food rooted in communities. We urge the government to back organisations like ours and our members, which are working to shorten supply chains, pay fair prices to suppliers, and put people and planet first.

This new food strategy has the potential to be a turning point. But it must move beyond celebration to transformation. If we are serious about making good food the norm, not the exception, then the hard work starts now and it must include everyone who's been shut out of the current system.

Written by **Luke Neve**, North of England Regional Coordinator for Better Food Traders. Learn more at betterfoodtraders.org. Instagram: [@betterfoodtraders](https://www.instagram.com/betterfoodtraders)



Which Box Are You?!

With 3 levels of control, do you know your options?

ORIGINAL

A seasonal selection that we (not you) choose, supplying you the best seasonal veg for your box at the best price.

ORIGINAL PLUS

Same as above but you get to choose 3 items you never want to see in your box (exclusions can be changed at anytime)

CHOICE

This is our 'build your own' option, giving you full control each week.



Roasted veg salad with creamy beetroot dressing

A warm salad that's packed with fibre and protein. With prebiotic vegetables such as sweet potato, beetroot and broccoli and probiotics found in yogurt this is a great dish to feed your gut garden. Plus you can expect up to 68% more antioxidants when using organic vegetables compared to non-organic produce, as researched by the Soil Association. Recipe adapted from the guthealthdoctor.com

Ingredients

- 800g of mixed veg. We used sweet potato, squash, carrots and red onions
- 2 tbsp oil
- 200g broccoli
- 400g tin of chickpeas, drained
- 75g quinoa (weight before cooking)

Dressing

- 1/4 cup tahini
- 1/2 cup yogurt (we used Kefir yogurt)
- 1/2 lemon, juiced
- Salt and pepper, to taste
- 1 tbsp olive oil
- 1 small beetroot, cooked

Optional Additions

- Leaves – we used local Sweetpea microgreens
- Seeds – we used sunflower and pumpkin
- Drizzle of extra virgin olive oil

Method - serves 4

- 1** Cook the quinoa; 2 parts water to 1 part quinoa, bring to the boil and simmer for 15 minutes.
- 2** Preheat the oven to 190°C (fan). Prepare the vegetables by cutting them into evenly sized pieces
- 4** Toss all vegetables, except the broccoli, in oil and spread them out in a single layer on one or two baking trays. Roast for 20–30 minutes, until tender and beginning to brown.
- 5** Add the broccoli and drained chickpeas to the tray for the final 5 minutes of roasting.
- 6** Make the dressing by blending all dressing ingredients in a food processor for about 30 seconds, until smooth.
- 7** Assemble the salad by combining the cooked quinoa, roasted vegetables, and salad leaves (if using) in a large bowl.
- 8** Serve by dividing into bowls, drizzling with dressing, and finishing with your choice of toppings such as extra leaves, seeds, or a splash of olive oil



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