

CAMBRIDGE ORGANIC GAZETTE

# courgette



What is the local grower network?

**10 TIPS** to maximise vitamins this season

It's all Royal: **WIN** a health-boosting bundle

What's on the menu: a seasonal sweetcorn recipe

A **FREE** gift for new members

[cambridgeorganic.co.uk](http://cambridgeorganic.co.uk)



CAMBRIDGE  
organic

## Comment from Duncan

Founder and owner of Cambridge Organic

Every now and then I reflect on how fortunate I am to have a lifestyle in which I have easy access to an abundance of locally grown organic produce, enjoying the very best of freshly harvested, seasonal fruits and vegetables. I was having such a moment recently, as I sat in the small patch of outdoor space of my apartment eating a simple salad consisting of four different varieties of tomatoes. All of which were grown at Snakehall Farm, by those terrific guys at The Prospects Trust.

The Chinese philosopher Lau Zi teaches us that 'He who realises that he already has everything that he needs is a rich man indeed', or words to that effect. Well, sitting there mindfully eating my salad, enjoying the warmth of the sun as I savoured the textures and flavours of those superb tomatoes, I could have been the richest man in the world: I could travel anywhere in the world with unlimited funds at my disposal

and I would not be able to find food that was finer.

The box scheme has never really been about consistency. Uniformity, produce standardised in size and shape, available week in week out throughout the year; where's the fun in that?

Box scheme membership is more about being in a position to enjoy those delightful food experiences that elude those who never look beyond the supermarket shelves. Eating a greengage at the moment of perfect ripeness, sweetcorn cooked within hours of being picked, and indeed a salad containing four different varieties of locally grown tomato, these are experiences which transcend the act of eating and make us realise that, actually, we do already have all that we need.



## Trees For Streets Update!

**Our campaign to plant more trees in Cambridge City is rocking!**

Thanks to our generous members, we have raised enough funds to buy 3 trees - AND Cambridge Organic will be donating an extra tree taking the tally to 4. Planting season starts after November so still lots of time to donate to see more trees planted early 2025. Go to [www.bit.ly/TreeDonate](http://www.bit.ly/TreeDonate) or scan the QR code.

Where shall we plant? Do you have an area of Cambridge where you would like to see the trees planted? We can request locations from Trees For Streets and if they can, they will accommodate. Email your thoughts to [hello@cambridgeorganic.co.uk](mailto:hello@cambridgeorganic.co.uk).



## Sweetcorn Coconut Soup

**Creamy, fragrant and flavoursome - a delicious vegan soup recipe for your seasonal, locally grown veg-box sweetcorn.**

**Soup ingredients: serves 2**

- 2 cobs of sweetcorn
- 1 tbsp olive oil
- 1 small yellow onion, finely chopped
- 1 clove garlic, minced
- 1 tsp ginger, peeled and grated
- pinch of red chilli flakes (optional)
- sea salt, to taste
- 250 ml vegetable stock
- 200 ml can coconut milk
- Juice from ½ a lime, or to taste

**Soup Method**

1. Slice the kernels off the cob, downwards into a bowl, with a sharp knife. You should have about 3 cups (400 g).
2. Sauté the onion with a pinch of salt, over a medium heat until lightly translucent, about 5 minutes. Add the garlic and chilli flakes (if using) and cook for 2 minutes. Add the sweetcorn and ginger. Season with a little more salt and cook, stirring occasionally, until the corn is fragrant and becomes a deeper yellow colour, about 7-8 minutes.
3. Add the broth and coconut milk; bring to a gentle simmer. Simmer, stirring occasionally, until the corn is tender, about 15 minutes.
4. Remove from the heat. Blend the soup in batches until smooth (use caution and do not overfill the blender when blending hot liquids!). Alternatively, use a hand held immersion blender to purée the soup. It will take a few minutes.
5. Optional: Once puréed, strain through a fine-mesh sieve for the silkiest texture. If you think it is too thick, thin it out with a little broth or water.
6. Finish by stirring in the lime juice. Taste and adjust seasonings, if needed.
7. Ladle the soup into bowls, garnish with the salsa and enjoy!

**Salsa Method:**

1. Remove the kernels from the cob as above. Then sauté in a frying pan with a little oil, till tender and starting to brown. Remove from heat and allow to cool.
2. Add to a bowl with the remainder of the other ingredients and mix well. Season as required with salt.



**Salsa ingredients (optional)**

- 1 cob of sweetcorn
- 1 tsp olive oil
- Coriander – finely chopped
- ½ green or red chilli – finely chopped (optional)
- 1 or 2 spring onions – finely sliced
- Juice from ½ a lime, or to taste
- ½ tbsp olive oil

# Your Local Grower Network

**CAMBRIDGE**  
organic



## Sweetpea Market Garden

Head Grower: Adrienne

Size: 3 acres

Location: Caxton, Cambridgeshire

Organically Certified: 2024



Take a look at where our closest growers are based, they might be a stone's throw away from your front door! Connecting our network of local organic growers to our customers is what makes us tick. We buy in as much produce as possible from these local heroes to put into your veg boxes. Meaning you are an active part of our local food ecosystem.



## The Prospects Trust

Growers: The team of co-workers

Size: 18 acres

Location: Nr Reach,

Cambridgeshire

Organically Certified: 1991

“ When I have a glut of produce, more than we need, Cambridge Organic gives me a flexible way to sell that produce while it's at its best, to local people. ”



## Brownsfield Farm

Growers: The Barker Family

Size: 123 acres

Location: Nr Over, Cambridgeshire

Organically Certified: 2009



## James Foscett Farm Ltd

Farm Manger: Nikola Tonev

Size: 544 acres (of organic)

Location: Nr Woodbridge, Suffolk

Organically Certified: 2009



## Audley End Kitchen Garden

Kitchen Garden Supervisor:

Gemma Sturges

Size: 2.5 acres

Location: Audley End, Essex

Organically Certified: 2002



## Waterland Organics

Growers: Paul & Doreen Robinson

Size: 40 acres

Location: Nr Lode, Cambridgeshire

Organically Certified: 1990



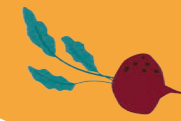
## Waterland CSA

CSA Head Grower: Heron

Size: 10 acres

Location: Nr Lode, Cambridgeshire

Organically Certified: 2022



“ People powered, nature driven. ”  
Doreen, Waterland

## NEW! Introducing Royal Green

**A large number of supplement brands use only synthetic vitamins and minerals in their products.** After the chemist in the laboratory is done making synthetic vitamins, they look similar to real food-derived vitamins under the microscope, but do not behave like food-derived vitamins in the body. For example many Vitamin B products you can buy are actually from a product called 'Grewe Diamine', a derivative of coal tar! Which is then processed with chemicals before being sold to you. Shocking right?!

**Royal Greens is different.** They use only whole foods. Their Vitamin B product for example uses lemon peel, holy basil and guava (all organic). They only use the full spectrum of the plants and herbs meaning all nutrients are provided and no component is left out. That way they can guarantee optimal activity. They do not use chemical



solvents during the extraction either. Their products are free of fillers, highly concentrated, pure and 100% organic.

That's why they are our chosen supplier. As we continue to extend our range of items to add to your weekly veg box we feel whole food organic supplements from this family run business are a perfect addition.

- **Multi Minicaps**
- **Stress & Energy Multi (coming soon)**
- **Immune & Energy Multi**
- **Vitamin C Complex (Bio)**
- **Vitamin D3 (Bio)**
- **CoQ10**
- **Iron Complex**
- **Magnesium**
- **Turmeric**
- **Zinc Complex**



## GIVEAWAY

worth over  
**£95**  
rrp



To celebrate our new line of supplements from Royal Green we are giving away a bundle of their organic whole food supplements; Mini Multi Vitamin, Vitamin D3 and Vitamin C.

**For a chance to win this bundle go to [www.cambridgeorganic/win](http://www.cambridgeorganic/win) (or follow the QR code) and answer the simple question.**

**ENTER HERE** →



See T&C's online at [www.cambridgeorganic/win](http://www.cambridgeorganic/win). Competition closes midnight 10th November 2024.

## Maximise your supplements

### TOP TIPS

Around half of UK adults regularly take food supplements such as vitamins. Here are **10 tips** which may help boost the absorption and efficacy of some of the more regularly taken vitamins.

#### Say YES to:

1. Taking multi vitamins with a meal to aid absorption
2. Taking fat-soluble vitamins (A, D, E and K) with a meal containing some fat such as olive oil, milk or avocado.
3. Calcium is optimised by vitamins D and K so take them together.
4. Taking water-soluble vitamins such as C and the B group, on an empty stomach with a glass of water (however Vitamin C hinders the absorption of vitamin B12 so best to take at least two hours apart)
5. Taking B vitamins in the morning for their energising effect.
6. Taking magnesium or calcium in the evening as they may aid sleep (however if taking both it's best not to be taken at the same time as they can interfere with each other's absorption).
7. Taking your iron supplement without food but with a vitamin C-rich drink such as orange

#### Say NO to:

1. Taking any vitamin with hot drinks. Especially tea or coffee, as caffeine can interfere with absorption. The heat can destroy live microorganisms such as 'friendly' bacteria.
2. Do not take calcium and iron supplements at the same time - if you take both minerals, take iron in the morning and calcium at night.
3. Don't take fish oil in the morning before you've eaten, as the essential fats will be used by the body for energy rather than used for key functions.

Good to know: The most popular vitamin supplement in the UK is Vitamin D. Makes sense with our lack of light over the winter months. Vitamin D has a large role to play in the absorption of other minerals. For example vitamin D promotes calcium absorption in the gut and regulates calcium levels in the blood. So a lack of Vitamin D can actually lead to a deficiency in calcium. In addition vitamin D and magnesium work together to enhance each other's absorption and utilization in the body.

Always follow the recommended dosage on the packaging and check with your doctor before starting vitamins and minerals if you are taking any prescribed medicines.



# SIGN UP FOR A VEG-BOX & RECEIVE A FREE GIFT



"Being a Cambridge Organic customer gives me peace of mind that my family is getting healthy food not laden with chemicals. They connect me to the local producers that I love and the produce tastes like the veg I grew up eating in my parents' garden." Sinead, Ely



 5.0  (74 reviews)

## NEW CUSTOMERS!

Sign up today and choose a **FREE** gift worth **£10\***

Use one of the following codes during sign up:

- Local Cambucha 750ml · **CAMB24**
- Organic Olive Oil 500ml · **OLIVE24**
- £10 donation to 'Trees for Streets' Cambridge Campaign · **TREE24**

Go to [cambridgeorganic.co.uk](https://cambridgeorganic.co.uk) and click on 'sign up' to get started. Or email [hello@cambridgeorganic.co.uk](mailto:hello@cambridgeorganic.co.uk)



FOLLOW US  
ON SOCIAL MEDIA



@camorganic

\*Free gift offer is for new customers only and applies to the 1st box. Only 1 gift offer can be used per customer. Valid until 10/11/2024

**CAMBRIDGE**  
**organic**