

CAMBRIDGE ORGANIC GAZETTE

# courgette



Christmas 2022 ISSUE 162



## IT'S CHRISTMAS!

Time to get festive

**Tidings of Wintercomfort  
& Jimmy's**

A closer look at our Christmas charities

**Jolly Jams**

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Fen End Country Kitchen

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What's available from our local  
Food Hub suppliers

Founder and owner of Cambridge Organic  
**COMMENT FROM DUNCAN**



**I would like to dedicate this newsletter to my father, Roger Catchpole, who passed away in August this year.**

The Cambridge Organic Food Company really owes its existence to my Dad. His role in the origin story of the company, and its pre-history, is considerable.

My Dad's entry into the organic and health food industry actually coincided with my own coming into being; it was my Mum's pregnancy with me that stimulated their interest in wholefoods and healthy eating. In the same year that I was born my Dad started his first business, Suffolk Wholefoods, in Bury St. Edmunds. Many of my earliest childhood memories involve being in the back of his VW van delivering beans and dried fruit to local businesses. A few years later he opened a shop called 'Basic Ingredients', which sold loose items like rice, beans, dried fruit and nuts for people to refill their own containers; well ahead of its time when you consider the rise in popularity of the zero-waste shops in recent years.

We lived in a workers' cottage on the Risby fruit farm. One day my Dad was walking the dog through the orchard, only to find the trees being bulldozed. Dad felt he had to intervene to preserve both the trees and the fruit farming heritage of the village. There and then he agreed to rent the orchard. Dad subsequently converted the

orchard to organic. Bear in mind that all this was in the 1980's, when the wholefood and organic food industries were very much in their infancy.

In the late 1990's I came to Cambridge to go to college. Via the networks that Dad sold the apples through, he found out about a new type of marketing initiative for organic produce: box schemes. He encouraged me to try selling a few veg boxes to earn a little money. Also around this time he started a business with his cousin called 'Farmer Giles', which sold wholesale organic produce in London. He also opened a shop on Mill Road in Cambridge which was run by me, and it was from this shop that I started packing and delivering veg boxes. Unfortunately Farmer Giles only lasted a year, but I continued with the veg boxes and the rest, as they say, is history

So I'd like to thank my Dad for starting me on the incredible journey that led to Cambridge Organic becoming what it is today. He was a true pioneer of the organic and whole food industry. His legacy will be the transformation of the food industry as we ourselves pioneer a new and sustainable local food system at the Cambridge Food Hub.



**CHRISTMAS APPEAL**

winter  
comfort  
opening doors

Jimmy's  
CAMBRIDGE

**This year our Christmas appeal will again support two charities in Cambridge: Wintercomfort and Jimmy's. You can contribute by adding a donation to your weekly veg box in your online account - just go to the main menu and click on option 'donate'.**

**Wintercomfort** is based in Victoria Avenue. Open daily, it offers housing support and advice, training, counselling, therapy and access to welfare essentials such as hot meals and hygiene facilities. It's for people who are rough sleeping, are vulnerably housed or are in danger of losing their homes. They also run out-reach programs across the city, partnering with other groups such as community fridges and community centres, offering essential skills and experience to those in need.

This year has seen an alarming rise in the number of people rough sleeping or those in risk of rough sleeping in Cambridge. Rising debt and the current cost of living crisis, combined with increased mental health challenges and increasing pressures on other support services, mean more and more people are running the risk of becoming homeless. To adapt to the needs of the community Wintercomfort are increasing their outreach initiatives, for example by sending tenancy and housing support advisors into the community; to help individuals and families to keep their homes.

The money we raise helps Wintercomfort to continue this outreach work, as well as helping to fund their daily in-house services such as hot meals, hot showers and support for those that need it. We also donate produce over the Christmas period, which are used in festive meals. For more information go to [www.wintercomfort.org.uk](http://www.wintercomfort.org.uk).

Founded in 1995, **Jimmy's** is a pioneering, community-focused organisation tackling homelessness within Cambridge. The services they offer include providing a home and support to people living rough in Cambridge. Working directly with each person to provide options, tools and skills to support them to move from the street to a home.

"Christmas is a time well documented for giving and sharing. For us here at Jimmy's it is important for our residents to feel they are valued, supported and thought about. With the Cambridge Community and beyond supporting us at all times of the year but especially Christmas, we can help provide the Christmas that people deserve. Thank you in advance of your support this Christmas." [www.jimmyscambridge.org.uk](http://www.jimmyscambridge.org.uk)



## FEN END COUNTRY KITCHEN

**Fen End Country Kitchen produces an array of artisanal chutneys, jams and curds. Christmas is their peak season, with flavoursome festive offerings including Festive Fig with Walnut & Cranberry, Quintessentially Quince (jelly), Christmas Cranberry with Port & Orange, and Redcurrant & Port Jelly.**



We went to meet the lady who makes it all happen; Heather Sturman, who has been a Cambridge Organic member for over 20 years.

Fen End was established in 2014, but the origins of this enterprise began a few years beforehand. After leaving her previous job to start a family, Heather became involved with Cambridgeshire charity 'Little Bundles'. She began making chutneys to help raise funds, not something she'd done before, but was inspired by the donation of fruit and veg from a neighbour. Later, she volunteered at her son's school's gardening club, and using their abundant plum and apple trees, turned her hand to making jams to sell at the school fair. She sold out with such ease that the idea of turning preserves into a business started to develop. She has a passion for local and seasonal produce and wanted something she could do around being a mother. Heather registered the business, started selling at local fairs and events and it quickly became apparent that the business, indeed, had jammy legs.

Heather now sells over 3,000 jars a year. She hand makes the products herself, in her beautiful country kitchen in Over, and the labelling and packing can be quite a family affair. In addition to selling through Cambridge Organic you can find Fen End in various independent shops and businesses around Cambridgeshire. Heather also produces large batches for colleges and sells direct. You can even order personalised labels for special gifts, and order various Christmas hampers.

Fen Ends artisanal preserves are created seasonally; using fresh fruit and vegetables, often locally sourced or foraged. There is some classic 'bartering' of produce too.

Local people will swap their wares for hers. Such as a local micro-brewery 'Over The Hill' – who exchanges ale (to be used in Fen End's Awesome Ale Chutney) for a few jars of piccalilli!

Fen End also offers a full-circle packaging system. You can just pop the empty jar back into your empty veg-box and we will do the rest.








Artisanal, local and made with love, Fen End's offerings could be a special gift for Christmas or an accompaniment for your festive meals. For more information go to [www.fenend.net](http://www.fenend.net) or Facebook page 'Fen End Country Kitchen'.



## CHRISTMAS GOODIES

**We have a great selection of Christmas inspired products available for your tables and stockings! Products are available now or soon online to add to your veg-box.**



-  Manfood Gift Packs - including Turkey First Aid Kit and their Cranberry Sauce with orange and chilli.
-  Omar Orange Hazelnut Truffle bar.
-  Savoursmiths Crisps: Christmas Ham with Umami Truffle Glaze (vegan).
-  Hot Numbers Christmas Blend.
-  Kettle Leaf Tea - Newton's Christmas Tea with apple and cinnamon.
-  Fen End Country Kitchen jams and jellies - Festive Fig with walnut & cranberry, Quintessentially Quince (jelly), Christmas Cranberry with port & orange, and Redcurrant & Port jelly.
-  Prospects Trust's Christmas jams and chutneys.
-  Fitzbillies - a range of their products will be available online including mince pies and christmas puddings.



## MAPLE-GLAZED PARSNIP, CHESTNUT AND FETA LOAF



**What a nut roast! This wonderfully tasty, versatile veggie option can be served as a main at your festive meal, and can also be eaten on the side as stuffing. Use different cheese, veg and nuts to your taste.**

### INGREDIENTS

- 150g unsalted butter, plus an extra knob and a little to grease
- 150-200g parsnips, trimmed and cut lengthways into 1.5cm slices
- 50g pecan halves or pieces
- 50g blanched almonds
- 30g pine nuts
- 2 large leeks, sliced
- 200g button or chestnut mushrooms, quite finely chopped
- 200g chestnuts, roughly chopped
- 2 large garlic cloves, crushed
- 3 fresh rosemary sprigs, finely chopped, plus extra to garnish
- ½ small bunch fresh sage, finely chopped
- 4 fresh thyme sprigs, finely chopped
- Small bunch fresh parsley, finely chopped
- 100g fresh breadcrumbs
- 50g plain flour
- 100ml maple syrup
- 200g feta cheese
- 3 large free-range eggs



### METHOD

1. Heat the oven to 190°C/170°C fan/ gas 5. Lightly butter a deep 20cm loose-bottomed cake tin and line the base with baking paper. Steam the parsnips for 5-8 minutes to take off the raw edge (they don't need to be cooked all the way through). Put in a colander and leave to dry.
2. Spread the pecans and almonds in an even layer on a baking sheet, then toast for 5 minutes in the oven. Add the pine nuts and toast for 3-5 minutes more until golden. Cool, roughly chop and set aside.
3. Melt 75g butter in a large frying pan on a low heat. Add the leeks, season and cook gently, stirring occasionally, for 10 minutes until soft and sweet, then transfer to a large mixing bowl.
4. Add the remaining 75g butter to the frying pan and turn up the heat to high. When the butter is hot and foaming, add the mushrooms, season with salt and pepper, then cook for 5-7 minutes, tossing every now and then, until golden brown. Add the chestnuts and garlic, then cook for 2 minutes, stirring so the garlic doesn't brown. Add the mixture to the leeks, along with the chopped nuts, chopped herbs, breadcrumbs and flour. Taste and season.
5. Wipe out the frying pan and put it over a medium-high heat. Add the maple syrup and a knob of butter. When bubbling, add the parsnip pieces, without crowding the pan. Fry for 3-4 minutes until golden, then flip over and cook for another couple of minutes on the other side. Remove with a fish slice, leaving the syrup in the pan, and put the parsnips, flat-side down and spaced out a little, into the cake tin. Leave the buttery maple syrup in the pan.
6. Crumble the feta into the nut mixture, then crack in the eggs and mix well to combine. Spoon the mixture on top of the parsnips and press down lightly. Bake in a 190°C/170°C fan/gas 5 oven for 45 minutes, covering the top with foil if it browns too much (a little colour is good). Let it cool in the tin for 10-15 minutes, then invert carefully onto a flat plate and peel off the baking paper.
7. Reheat the syrup in the pan, season with sea salt and add a few rosemary sprigs. Brush the caramel over the top of the loaf, decorate with the rosemary leaves and serve.

To make ahead: complete the recipe to the end of step 6, cool completely, then keep covered in the fridge for up to 3 days. Reheat in a low oven to serve and complete the recipe. Alternatively, wrap well in greaseproof paper and cling film, then freeze for up to 3 months. Defrost in the fridge overnight, then reheat in a low oven and complete the recipe.



# CHRISTMAS DELIVERIES

We'll be delivering veg boxes right up to Christmas Eve, but then we'll take a break. We'll be closed from Sunday 25th December and throughout the whole of the following week. Veg-box deliveries will resume on Tuesday 3rd January.

## DOUBLE UP YOUR VEG BOX

As you will all miss out on a delivery over the Christmas period, everyone has the chance to double up on their last delivery before Christmas. To do this, just enter the code **DOUBLE22** on your basket page online. Or you can give us a ring on 01223 873300 or email [hello@cambridgeorganic.co.uk](mailto:hello@cambridgeorganic.co.uk). We'll deliver two of your normal veg boxes and we'll knock 20% off the price of the second one.

Those of you with Choice boxes, please make your selection as usual and we'll pack both boxes to the same list. You can also increase your order by adding additional quantities of fruit and veg as extras to accompany any veg box.

## REFER A FRIEND & BOTH RECIEVE 50% OFF

If you love Cambridge Organic, please refer a friend! We'll say thank you with a 50% discount off your next veg box. Just ask your friend to email us at [hello@cambridgeorganic.co.uk](mailto:hello@cambridgeorganic.co.uk) to say you're the Christmas elf we need to thank.

It's the perfect time to start a veg box and get those Christmas veggies sorted. Gift your friend the code **FESTIVE22** to use when they sign up to get 50% off their first order.

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

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