

Welcome to the third Suffolk Foodies newsletter  
We are now open !



### Hoorah! We made it ...

After a six month build, a few very long days and not much sleep we opened as scheduled on May 3rd.

It was a very proud moment to see the culmination of hard work and dedication to make this all possible. We would like to thank everybody who had a part in the project and hope that all our customers will enjoy the Suffolk Food Hall experience.

The Food Hall is now a showcase for a vast array of fresh and seasonal produce from farmers & producers from across the region. Our knowledgeable staff will always be on hand to offer advice, tell you more about the products and most

importantly their origin.

### Meet the team...

Gerard & the butchery team are there to advise you on which delicious joint for our Sunday lunch or tempt you with homemade sausages and kebabs for your barbeque.



Rachel, the deli manager, will be able to recommend some Suffolk cheeses supplied by Hamish Johnston and Helena our baker will make sure she is up bright & early to bake you the freshest bread.

The fishmonger, with fresh catches from the Suffolk coastline, will suggest something different for supper. Please note that Dan's wet fish display is only from Wednesday through to Saturday, but you can always call and pre-order to ensure he has what you need.



You can also choose your fruit & veg from a colourful display knowing that most has only travelled three miles down the road!



**Rob's Rant...** Note to self... *"Key lesson in life: when trying to set up a farm shop for the first time, do not also undertake to be a Red Poll beef farmer! Particularly as the über-caring mothers are rather good at hiding their calves and some calves are prone to go walkabout with one four-day old calf doing a recorded four mile round trip!!! Joking apart we love our red polls and wouldn't change them for the world but they do give us some heartache."*

### Seasonal tips...

At the Suffolk Food Hall we are very keen to provide you with food as mother nature intended without forcing her hand or by flying it 1000s of miles to garnish your plate.

Andy our chef, who runs the restaurant and café, is keen to encourage people to cook what is in season for its freshness and to enjoy the experience.

At this time of year you are spoilt for choice. Whether you like polytunnels or not, they provide us with juicy British strawberries that have only travelled a few miles therefore little flavour loss. You'd also be onto a winner if you dish up fresh asparagus for the family or a supper party. Andy suggests asparagus & chicken risotto:

### Asparagus and Chicken Risotto (Serves 4)

½ whole chicken, roasted, cooled and picked off the bone  
2 bunches asparagus, trimmed & blanched for 2 min, chopped.  
1 new onion, garlic, sprig of thyme & rosemary + 1 diced carrot  
300g Risotto (Arborio) Rice  
Chicken or Veg Stock + 100ml White Wine  
Double Cream + Parmesan

1. Saute onion, garlic, thyme, rosemary, carrot slowly
2. Add 100ml white wine, reduce
3. Add large knob of butter and rice and stir for 3 mins
4. Add stock to cover bit by bit and simmer, keep topping up until rice is al dente
5. Add cream and parmesan, season, stir in chicken and asparagus until warm

Servicing Suggestion: delicious when partnered with a rocket salad and a glass or two of sauvignon blanc.

**Gardening guide...** There is still time to sow vegetables outside or under cloches particularly dwarf French beans, beetroot, sprouting broccoli, Brussels sprouts, summer and savoy cabbage, cauliflower, ridge cucumbers, endive, kale, kohlrabi, lettuce, marrows, peas, radish, spinach, swede, sweet corn and turnips... lots of future goodies for the table. n.b. Delay sowing if soil conditions are cold and wet but hopefully the Bank Holiday weekend will be kind.

It's quite incredible how Claire and her team have turned an old cattle yard into the new Bourne Garden Centre which is now bursting with colour - a marvellous display of flowering spring plants and shrubs.



### And finally, our thanks...

To thank you for your continued support and interest in the Food Hall, we would like to offer any registered Foodie (over 18) a free wine tasting on Saturday June 15<sup>th</sup>. Please come along between 10am and 2pm, sign-in and enjoy some 'grapejuice' with Tim from Promotion Wine

Enjoy the Bank Holiday weekend, best wishes from Oliver, Robert and the rest of the team