

Welcome to the second Suffolk Foodies newsletter and we hope that you are enjoying the Spring in the air



**Project Update**

< From this ...  
 ... to this >  
 ... to an opening around the beginning of May ...  
 Watch this space



**Rob's Rant...** you may have read in the press a few weeks ago, an article suggesting that farm shops were bad for the environment because they encourage people to drive all over the countryside to buy their food! As is the case with most supermarket propaganda this focuses on just a small part of the environmental question, totally ignoring that food sold in supermarkets as "local" has often completed a 600 mile round trip via

a central distribution network so that it can be covered in excessive packaging and lose all its flavour, goodness and freshness.

Whereas farm shop produce, which is truly local, will have come directly from the production site, often the field next door. Additionally I am sure many farm shop owners would love to operate from some of the prime sites that the major supermarkets have but the supermarkets

have been so successful in buying up all these sites to block competition that they are currently under investigation.

Finally their allegation is a sweeping generalisation ignoring the fact that sites like the Suffolk Food Hall are as well located to the major population as any supermarket and other farm shops serve rural communities ignored by the supermarkets as not profitable enough to warrant consideration.

**Seasonal recipe... 'Livingstone's Revenge'**

- ⊙ Two pigeon breasts per person
- ⊙ Smoked streaky bacon
- ⊙ Red wine (200ml)
- ⊙ Redcurrant jelly
- ⊙ A knob of Butter
- ⊙ Worcester sauce and/or balsamic vinegar
- ⊙ Thyme (dried or fresh)
- ⊙ Salt & Pepper
- ⊙ Leeks and Potatoes to suit

1. Quarter the potatoes in their skins and par boil. Drain and put in a roasting dish with oil and garlic pepper. Roast at 180c for an hour.
2. Sprinkle each breast with thyme and freshly ground pepper. Wrap in streaky bacon (by

stretching the bacon you might be able to do it with one rasher).

3. Get a frying pan hot and place the pigeon parcels so they get an even heat.
4. Boil some water, slice the leeks and simmer them for about 7 mins.
5. Cook the pigeon gradually for c. 15 mins. Turning occasionally on all sides under slightly pink in the middle (medium). Take the parcels off the heat and leave to rest for 3-5 mins, whilst you make the sauce.
6. Add the red wine to the frying pan on a lower heat, quickly reduce it. Add a large tablespoon of the redcurrant jelly and whisk in. Add a teaspoon of Worcester sauce and/or balsamic vinegar and season with salt and pepper. Then add a generous knob of butter to enrich and cream up the sauce.

7. Build up a stack of leeks on each plate, surround with nice golden potatoes. Slice the pigeon parcels on the diagonal, showing off the pink centre, placing on the bed of leeks. Drizzle the sauce over and serve with red wine.



**Prize Draw**

this quarter's winner is **Tracey Barrell of Ardleigh, Essex**

By popular demand you can have a ¼ of pig or a jumbo trug of veg.

**Get gardening...** Hello from Claire and her team... "what an exciting spring ahead of us... we're looking forward to relocating and joining up with the Suffolk Food Hall and you should be starting to get going on those garden projects"

Bourne Garden Centre has been trading for 10 years in Ipswich and the move will give us more space to offer top quality plants and garden-ware together with our

renowned high customer service. We have been very busy sourcing new products to make our centre a truly individual shopping experience. At present on our Wherstead Road site we are packed full of early Spring colour together with seed potatoes and onions for all those keen to grow your own garden.

We look forward to welcoming you either at our present site and our new site.

**Suffolk Food Directory**

- ⊙ Organic **lamb** and mutton, call (Uncle) Martin's at Camp Green Organic - [01728 860 650](tel:01728860650)
- ⊙ Free-range Saddleback **pork**, you can't beat Broxtead Farm
- ⊙ Aberdeen Angus **beef**, try Suffolk River Beef, just across river from the Suffolk Food Hall

**Stop press...** Fantastic news... The Rare Breed Survival Trust has moved the Red Poll breed off their 'watch list'. An increase in numbers has allowed the breed to move off the endangered list, however a lot more support is required for the Suffolk (Punch) Horse which is still on the at risk list. At the Suffolk Food Hall we have been growing our Red Poll herd, although we still have a long way to go before we match great-grandfather's numbers of 750+

