

BRADFORD'S FARM



www.bradfordsfarm.co.uk

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Bradford's Farm Newsletter

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Autumn 2007

Christmas is coming!

Arable

We didn't have a particularly good harvest this year, probably because of the strange weather, but thankfully prices have at last begun to rise!
This year so far, we have planted winter oilseed rape and will be growing winter wheat.

Beef herd

The cattle have grown well and we have made lots of hay and silage. We will have a good supply of Angus beef for the shop.

Caravans

The caravan site has been busier than ever this year and rallies are ever more popular. We are already taking bookings for 2008 and there are very few rally dates left! There is, however, plenty of availability on the CL itself.

Farm Tours

The Year of Food and Farming has just been launched, a national campaign aiming to promote healthy living by giving children direct experience of food, farming and the countryside. We will be hosting school visits and are also willing to visit local schools to talk to students. For more information, visit www.yearoffoodandfarming.org.uk and look us up on the Megamap!

Farm Butcher's Shop

We continue to specialise in local meat which is free range/naturally reared. We will soon be opening our order book for Christmas and will be offering free range bronze turkeys and local geese, as well as Angus beef, chicken, gammons, chipolatas and all the trimmings.

Our butcher, John Inman, finally retired this summer and started a new life in Devon. We do miss him, but we have an excellent new butcher, Henry Bolle and some great backup butchery from Pip Isted.

Rising costs mean that there is a small increase in the prices listed overleaf.
The outbreak of food and mouth disease has also caused great hardship to farmers, livestock markets, butchers and abattoirs - if the movement of animals is restricted, we can find it difficult to get supplies for the shop and farmers are left feeding and looking after animals which would normally have been sold.

Butcher's Shop opening times

Wednesday 9.00- 5.00
Friday 9.00- 5.00
Saturday 9.00-1.00

The latest retail price list is overleaf.

Recipe Suggestion - Stuffed Beef Pot Roast (Serves 4)

1.5kg rolled brisket or topside joint
Salt & black pepper
2 yellow peppers, deseeded and finely chopped
1 large tomato, finely chopped
3 spring onions, finely chopped
2 cloves of garlic, peeled and finely chopped
3 sprigs of freshly chopped thyme leaves
4 bay leaves
2 tbsp cider vinegar
4 tsp brown sugar
2 tbsp sunflower oil
1 medium onion, peeled and sliced
1 pint beef stock
3 medium carrots, peeled and roughly chopped
225g swede, peeled and roughly chopped
225g potatoes, peeled and roughly chopped

1. In a small bowl, mix the peppers, tomato, spring onions, garlic, thyme and bay leaves. Season the joint and make a deep cut along the centre of the joint at both ends. Stuff with the pepper mixture. Transfer to a large, shallow dish and spoon over any remaining mixture
2. Pour over the vinegar, cover and marinate in the fridge for at least 4 hours or overnight. Remove the joint and place on a board. Pat dry and rub with the sugar. Reserve the marinade
3. Heat the oil in a large frying pan and brown the joint on all sides. Transfer to a large ovenproof dish and add the onions, stock and reserved marinade
4. Bring to the boil, reduce the heat and cover. Cook in the oven (Gas Mark 3, 170°C, 325°F) for 2-2½ hours until the meat is tender, stirring occasionally.
5. 40 minutes before the end of cooking, add the carrots, swede and potatoes

Serve with hot crusty bread

Bradford's Farm Butcher's Shop

Price List - Autumn 07

	£ per kg		£ per kg
<u>Beef</u>		<u>Lamb</u>	
Braising steak	6.34	Breast	2.20
Brisket	5.09	Barnsley chops	12.15
Fillet steak	28.71	Casserole lamb	8.50
Mince	5.09	Chump chops	12.95
Oxtail	5.35	Cutlets	10.71
Rib (boned)	10.34	Heart	1.15
Rib (bone-in)	7.29	Kidney	3.70
Rib-eye steak	14.20	Kebabs	2.10 per pack
Rump steak	14.59	Lamb fillet	11.46
Silverside	8.07	Lamb mince	5.09
Sirloin joint (bone-in)	11.15	Leg	8.57
Sirloin steak/rolled joint	16.78	Liver	3.99
Steak & kidney	4.53	Loin chops	12.15
Stewing steak	6.26	Middle neck	2.66
T Bone steak	13.25	Rack of lamb	11.10
Tongue	5.54	Shoulder - bone in	4.85
Topside	8.07	Shoulder - boned & rolled	6.51
		Steak	14.68
		Shanks	7.87
<u>Pork</u>		<u>Mutton</u>	
Belly	4.90	Diced for casserole	6.82
Black pudding	4.72	Fillet	11.10
Casserole pork	6.50	Leg	7.10
Liver	2.77		
Loin	7.29	<u>Sausages</u>	
Loin chops	7.29	Beef	4.41
Spare ribs	3.67	Chipolatas	6.82
Spare rib joint	6.50	Gluten free pork	6.30
Steak	8.19	Lamb & mint	7.56
Tenderloin	10.29	Old English pork	6.30
Leg (boned)	6.50	Pork & apple	7.56
		Sausage meat	5.30
		Toulouse pork	7.56
<u>Burgers</u>		<u>Pies</u>	<u>Each</u>
Angus burgers 6oz (each)	.80	Lamb & potato	
Angus burgers 4oz (each)	.65	Steak & kidney	
Lamb & mint burgers 6oz (each)	.80	Steak, stout & mushroom	
Pork, apple & bacon burgers 6oz (each)	.80	Individual	2.35
		Medium (serves 2-3)	4.40
<u>Bacon</u> (Green or smoked)		<u>Poultry & Eggs</u>	
Back bacon	10.29	Chicken breast fillets	6.82
Collar joint	4.85	Chicken drumsticks	2.20
Corner gammon	7.35	Chicken livers	3.99
Fore hock joint	2.35	Chicken quarter portions	6.30
Gammon steak	7.35	Chicken thighs	2.62
Lardons	4.72	Duck breasts	11.02
Middle gammon	7.87	Duck (Gressingham)	5.25
Streaky	5.77	Free range whole chicken	5.77
Whole gammon	4.72	Free range eggs (size 1)	1.30 per ½ doz

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