

BRADFORD'S FARM



www.bradfordsfarm.co.uk

Michael & Kathy Fordham
Bradford's Farm
Little Horsted
Uckfield
East Sussex TN22 5QP

t: 01825 840 368
f: 01825 840 611
m: 07850 674 668

e: enquiries@bradfordsfarm.co.uk

Bradford's Farm Newsletter

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Happy New Year!

New Arrivals!

We are pleased to announce that Martha, our Kune Kune sow, has given birth to 8 piglets. Mother and babies are doing well!
We will be happy to sell the piglets when they are old enough to leave their mother, or there will be more pork available in time for Christmas 06!

Energy Crops

Farming has been given a recent boost by the government announcement of a Renewable Transport Fuels Obligation, a requirement for all fuel to contain 5% biofuel by 2010. Oil seed rape and grain can be used to reduce the use of petrol/diesel and renewable crops such as willow and miscanthus can be used as fuel for boilers etc. We will be looking to see how we can get involved in this new and exciting area.

January Sale!

We are having a sale to clear existing stocks of beef and lamb. **A full sale price list is overleaf.**

We have run out of one or two popular items, such as fillet steak, rib joints and burgers, but we will have new supplies of beef and lamb in 2-3 weeks. If you would like to order in advance, just give us a ring!

Caravan Storage

Just a reminder, it would be much appreciated if our caravan storage customers could write their surname on a piece of card and put it in the front window of their caravan when dropping it off at the farm. This will be a great help to our staff, when they are faced with a row of caravans to put away and are not sure which keys belong to which van!

Recipe Suggestion - Lamb & Broccoli Bake

Ingredients:

1kg cooked roast lamb, cubed
375g (12oz) broccoli, cut into small florets
25g (1oz) butter
25g (1oz) plain flour
1pt milk
Salt & pepper
Pinch ground nutmeg
1tbsp sunflower oil
1 small onion, peeled and finely chopped
75g (3oz) breadcrumbs
2 tbsp chopped parsley
2 tbsp chopped rosemary

Serves 4-6

Method:

1. Cook the broccoli in a large pan of boiling water for 4-5 minutes, drain and set aside
2. To make the white sauce: melt the butter in a saucepan over a low heat. Add the flour and cook for 1 minute, stirring continuously. Remove from the heat and slowly stir in the milk. Bring to the boil and simmer until thickened. Season and add the nutmeg
3. Heat the oil in a large pan and cook the onion for 1-2 minutes until soft. Add the lamb and warm through for 2-3 minutes. Add the broccoli and white sauce. Check seasoning and spoon into a 2 pint ovenproof dish
4. Mix together the breadcrumbs and herbs, sprinkle over the lamb mix and bake in a preheated oven for 20-25 minutes (Gas mark 4, 180°C, 350°F) until golden brown

Serve with mixed vegetables

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Meat Sales - price list (10% off everything)

Aberdeen Angus Beef

| | |
|--------------------------------|---------|
| Sirloin pack (2 x 250g steaks) | £5.60 |
| Rump pack (500g steak) | £4.50 |
| Stewing steak pack (500g) | £2.30 |
| Braising steak (500g) | £2.80 |
| Mince (500g) | £1.35 |
| Topside joint | £6.30kg |

Lamb Boxes (4-5kg)

| | |
|--|--------|
| With whole shoulder, chops, cutlets, mince | £27.00 |
| With whole leg, chops, cutlets, mince | £34.00 |

Meat pies (*Steak stout & mushroom or steak & kidney or lamb & potato*)

| | |
|---------------------|----------------------------|
| Individual | £2.00 each or 3 for £4.00 |
| Medium (serves 2-3) | £4.00 each or 3 for £11.00 |

To order, phone Kathy 01825 840368

We deliver free for orders over £10 in the local area (Uckfield, Lewes, Crowborough, Hailsham, Heathfield and surrounding villages) or you can collect (by arrangement) from Bradford's Farm.