

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

Issue 16
Spring 2007

Happy Easter to all of our customers

Arable

We are making the most of the better weather and are busy planting spring crops. This year we are growing wheat, barley, and oats.

Beef herd

We have a barn full of frisky new calves, with only one cow left to calve. The calves will spend the summer out at grass with their mothers and the bull will arrive for his annual visit during May. The calves will be weaned when they come into the barns for the winter and will stay with us for 2 years, until they are finished for beef.

Caravans

Caravan site bookings are increasing, so book early if you wish to stay on our cosy site in Isfield, behind the Laughing Fish pub. We also have several rallies booked into the adjacent field, as well as various community events for the village. The **village fete** (part of the Isfield family weekend) will be held in the field on Sunday 22 July, so do come along to an excellent day out.

Farm Tours

We are taking bookings for farm visits for groups of adults or children, from around May onwards. Advance booking is essential – please see our leaflet for more details.

Farm Butcher's Shop

We specialise in local meat which is free range/naturally reared. If you haven't visited us yet, we are a traditional butcher's shop and all meat is cut to your requirements. Our sausages and burgers are all handmade to our own recipes and have a reputation for excellence!

We sell Aberdeen Angus beef; pork; sausages; burgers; bacon; lamb; mutton; poultry and eggs.

We can also supply large orders for parties, BBQs etc and whole pigs or lambs for spit roasts. Just ring us to discuss your requirements.

Butcher's Shop opening times

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

Please note that Easter week, we will be open as follows:

Wed 4 April 9.00-5.00
Thu 5 April 9.00-5.00
Fri 6 April (Good Friday) Closed
Sat 7 April 9.00-1.00

The latest retail price list is overleaf.

Recipe Suggestion – Spiced Mutton Stew with Apricots

1kg diced mutton
250g dried, ready-to-eat apricots
2 tbsp olive oil
3 cloves garlic, crushed
2 large onions, peeled and sliced
3 large carrots, peeled and cut into chunks
2 cinnamon sticks
2 tsp ground cumin
1 tbsp whole coriander seeds, lightly crushed
6 cardamom pods, with tops removed
1 tsp powdered ginger
Pinch of mace
1 glass of white wine
1 pint stock
125g fruit chutney
Salt & freshly ground black pepper
1 tsp whole cumin seeds

1. Heat half the oil in a large frying pan over a medium heat. Add garlic, onion and carrot and sweat for a few minutes until softened. Add all the spices (except the cumin seeds) and fry for a few more minutes. Transfer to a large tagine or casserole pan
2. Turn up the heat under the frying pan and add the rest of the oil. Brown the meat quickly in small batches and add to the vegetables
3. Pour over the glass of wine, the chutney and enough stock to cover the meat
4. Cover and cook in a low oven for 2 hours. Add the apricots and cook for a further half hour or until meat is very tender. Season to taste
5. Serve with boiled rice, into which you have stirred the whole cumin seeds

(Serves 4)

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Bradford's Farm Butcher's Shop

Retail Price List Spring 2007

	£ per kg		£ per kg
Beef		Lamb	
Braising steak	6.04	Breast	1.80
Brisket	4.85	Barnsley chops	11.58
Fillet steak	27.35	Casserole lamb	8.10
Mince	4.85	Chump chops	12.34
Oxtail	5.10	Cutlets	10.20
Rib (boned)	9.85	Heart	1.10
Rib (bone-in)	6.95	Kidney	3.53
Rib-eye steak	13.53	Kebabs	2.00 per pack
Rump steak	13.90	Lamb fillet	10.92
Silverside	7.69	Lamb mince	4.85
Sirloin joint (bone-in)	10.62	Leg	8.17
Sirloin steak/rolled joint	15.99	Liver	3.80
Steak & kidney	4.32	Loin chops	11.58
Stewing steak	5.97	Middle neck	2.54
Suet	1.50 per 250g	Rack of lamb	10.58
T Bone steak	12.62	Shoulder - bone in	4.62
Tongue	5.28	Shoulder - boned & rolled	6.20
Topside	7.69	Steak	13.99
		Shanks	7.50
Pork		Mutton	
Belly	3.90	Diced for casserole	6.50
Black pudding	4.50	Fillet	13.50
Casserole pork	5.95	Leg	6.25
Liver	2.64		
Loin	6.45	Sausages	
Loin chops	6.95	Beef	4.20
Spare ribs	3.50	Chipolatas	6.50
Spare rib joint	5.95	Gluten free pork	6.00
Steak	7.80	Old English pork	6.00
Tenderloin	9.80	Pork & apple	7.20
Leg (boned)	5.95	Sausage meat	5.30
		Toulouse pork	7.20
Burgers		Pies	<u>Each</u>
Beef burgers 6oz (each)	.75	Lamb & potato	
Beef burgers 4oz (each)	.60	Steak & kidney	
Lamb & mint burgers 6oz (each)	.75	Steak, stout & mushroom	
		Individual	2.20
		Medium (serves 2-3)	4.20
Bacon (Green or smoked)		Poultry & Eggs	
Back bacon	9.80	Chicken breast fillets	6.50
Collar joint	4.62	Chicken drumsticks	2.10
Corner gammon	7.00	Chicken livers	3.80
Fore hock joint	2.20	Chicken quarter portions	6.00
Gammon steak	7.00	Chicken thighs	2.50
Lardons	4.50	Duck breasts	10.50
Middle gammon	7.50	Duck (Gressingham)	5.00
Streaky	5.50	Free range whole chicken	5.50
Whole gammon	4.50	Free range eggs (size 1)	1.25 per ½ doz

Tel: 01825 840368