



[Monday 7th November 2011](#)

Dear Customer

A frosty morning for us in the north today, just to let all those customers know who did not receive a newsletter last week see below:

I am now able to present to you our first bottled milk from our 65-strong herd of rescued Jersey cows. The cows graze Suffolk, sea-bordering marshes and meadows protected by the RSPB and whilst it is not actually 'certified' as organic because of the annual cost of accreditation, it is farmed using organic methods and principles.

The milk is fully pasteurised and is available as skimmed, semi-skimmed and whole, all in 1 litre bottles.

It is not homogenised, which means it has the traditional 'top of the milk'. Therefore, either shake the bottle to mix it, or enjoy the creamy top in your coffee or on your cereal.

You will, hopefully, have received a complimentary bottle with this week's delivery.

We are selling the milk at £1.99 per litre. Part of this money will be set-aside to care for any non-productive animals and, for those which are productive, for their ultimate retirement."

Natural yoghurt and double cream will also be available in the coming days, followed by soft cheese and ice cream.

From this week onwards, all our eggs will be from hens, which again, will live out their whole natural lives. They are fully organic and free-range but will NOT be gassed or killed by other means at 72 weeks, which is currently the industry norm. However 'Happy', they may seem. In fact, organic egg producers have just been instructed, by the supermarket packers, to reduce this to 68 weeks. They will all live out their full natural lives in their lovely Sussex home.

I will not be increasing the price of the eggs at all, they will remain at £1.99 per half dozen as I want to save as many of these hens as possible. The eggs will be 'as they come' – a mixture of small, medium and large. The supermarket organic medium eggs are all selling at around £1.99, trying not to break the £2 mark and, as I say, we will match this.

The labels for the milk are going to be changed next week as those on the current bottle were not successful with refrigeration and shortly the eggs will be labeled with our company info also.

Vegetarian Baked Stuffed Red Bell Peppers

*1/2 cup long-grain rice (preferably brown)
1 teaspoon salt
red peppers
3 tablespoons butter or 3 tablespoons margarine
1 medium onion, chopped
1/2 cup celery, finely diced
1/2 cup sunflower seed
1/4 cup parsley, minced
2 eggs, slightly beaten
1/4 teaspoon dried oregano leaves
1 jalapeno pepper, chopped
1 teaspoon black pepper
1/2 cup sharp cheddar cheese, shredded*

Cook rice in 1-1/2 cups boiling salted water for 35 minutes or until tender. Drain if necessary. Set aside. Cut peppers in half. Remove seeds and white membrane. Parboil peppers in boiling salted water for 5 minutes. Arrange in slightly oiled, shallow 1-1/2 quart baking dish. Melt butter in small skillet. Add onion, celery, and sunflower seeds. Saute until onion is tender. Remove from heat. Stir into rice. Add parsley, eggs, oregano, jalapeno pepper, black pepper, and salt to taste. Fill peppers with mixture. Sprinkle cheese on top. Put about 1/3 cup hot water in bottom of dish. Bake at 400 F for about 20 minutes.

Kind regards

Lorraine

