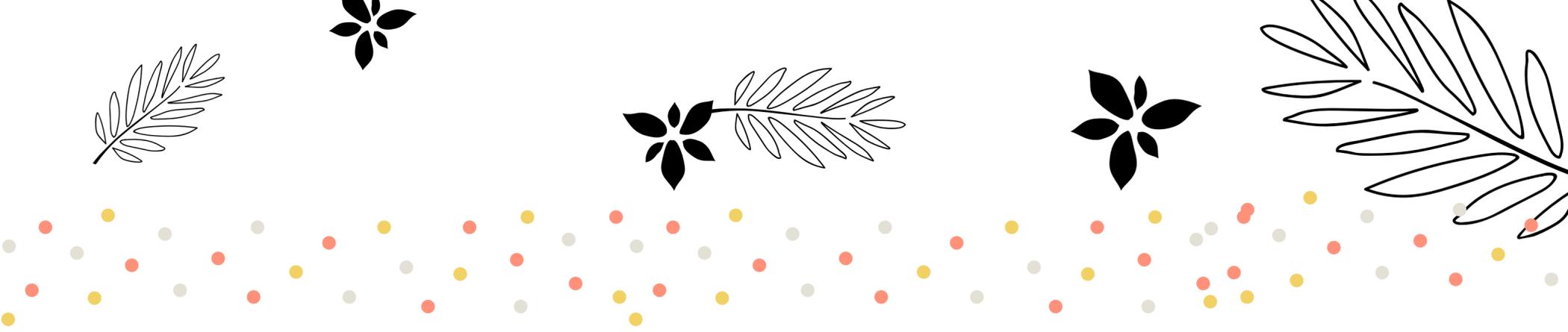


Christmas at Tamar Valley Food Hubs





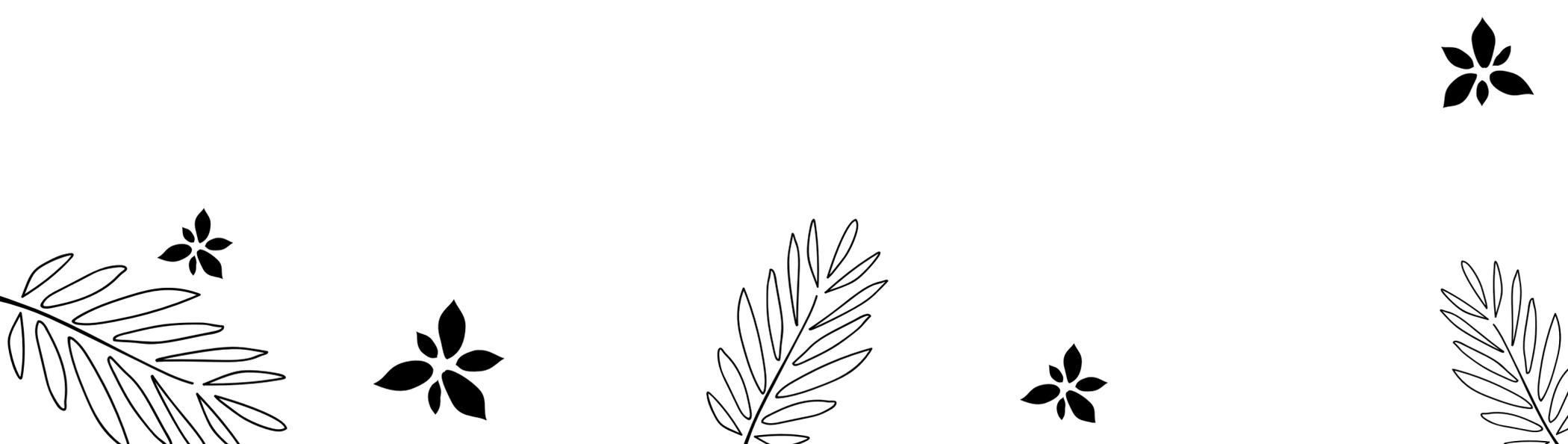
Dear friends,

With the festive period around the corner, we've pulled together this Christmas booklet so you'll have all of our key dates, prices and delivery info in one place.

We've also included a Christmas Day recipe from our friends at Forest Fungi, Thomas Hanson's pick for a Christmas Day cheeseboard and what we're looking forward to in the new year.

We hope you have a safe, warm and enjoyable festive season and thank you as always for your continued support.

With our bestest wishes,
Rachael, Sara, Claire, Simon & Nicky



Turkey Buying Guide

What size turkey to buy

3kg serves 6-7

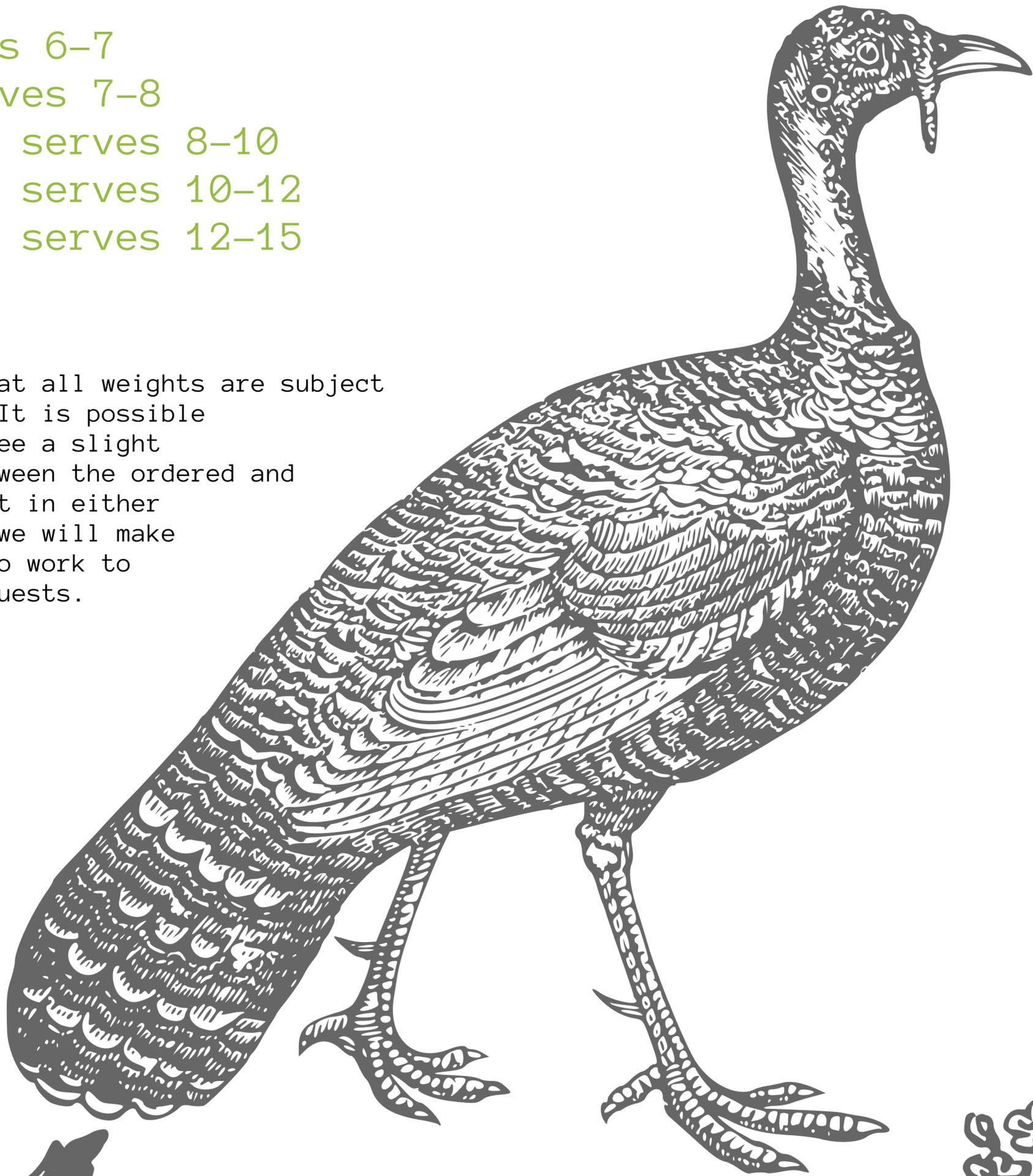
3.5kg serves 7-8

4 - 4.5kg serves 8-10

5 - 5.5kg serves 10-12

6 - 6.5kg serves 12-15

Please note that all weights are subject to variation. It is possible that you may see a slight difference between the ordered and received weight in either direction but we will make every effort to work to orders and requests.





Christmas & New Year Key Dates

FRIDAY 12TH NOVEMBER

Open for pre-orders for poultry, beef and gammons

WEDNESDAY 8TH DECEMBER

Pre-orders for poultry, beef and gammons close at 9.30am.

WEDNESDAY 15TH DECEMBER

Order by 9.30am for Christmas hampers to be posted.

Last week for ordering wholefoods, preserves and dry goods for collection or delivery on Friday 17th December.

FRIDAY 17TH DECEMBER

Food Hubs orders open at 6pm for Christmas week collections on 23rd December and home deliveries on 24th December.

No wholefoods, preserves or dry goods available!

TUESDAY 21ST DECEMBER

Food Hubs orders close at 9.30am.

THURSDAY 23RD DECEMBER

Food Hubs collections from collection points at usual times.

FRIDAY 24TH DECEMBER

Food Hubs home deliveries only.

Tamar Valley Food Hubs office will be closed between 25th December and Monday 3rd January

FRIDAY 31ST DECEMBER

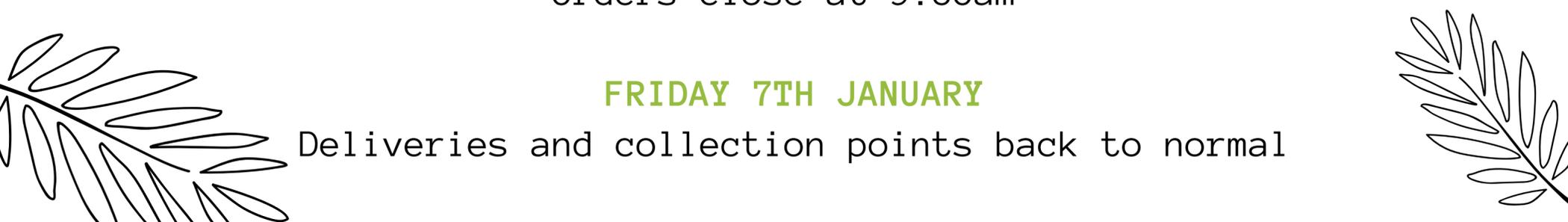
Happy New Year! Food Hubs opens at 6pm for orders

WEDNESDAY 5TH JANUARY

Orders close at 9.30am

FRIDAY 7TH JANUARY

Deliveries and collection points back to normal



Local Turkeys

This year our turkeys are supplied by D. H. Pearce who is located just outside of Callington.

How it works: Order by 8th December by paying a deposit. Tell us your preferred size bird and delivery date which will be either the 23rd December if you want to collect from one of our collection points or 24th December if you want home delivery. Pay your balance on delivery, enjoy your Christmas!

We would recommend ordering early this year as we have limited availability.

Bronze turkey

£9.44 per kg

Traditional white turkey

4kg - 9kg £9.44 per kg

9kg+ £7.80 per kg

Turkey rolled joint

£13.50 per kg

Turkey crown with all the parts!

£10.65 per kg

Turkey crown 4-9KG

£11.50 per kg

Turkey leg & thigh

£4.50



Free-range Organic Geese & Turkeys

Slow grown and high welfare, organic Christmas Turkeys & Geese!

From our friends Lilac Cottage Larder near Axminster and Partridge Hill Farm near Sidbury, East Devon, organic, free range, oven ready birds are butchered on site reducing stress & food miles.

Please state your preferred sized bird

Balance payable on delivery which can be on:
23rd December if you want to collect from one of our collection points

24th December if you want home delivery



Trehill Farm

Beef & Gammon

Pre-order by 8th December for collection on 23rd December or home delivery on 24th December

Gammon £9.90 per kg

Rolled Rib of Beef £10.00 per kg

Topside £12.00 per kg

Sausagemeat, bacon & chipolatas
will be available on the Hub too!



Thomas Hanson's Christmas Day Cheeseboards

Board 1: £15.60

300g Cropwell Bishop Stilton

300g 24 month Davidstow

250g Westcountry Brie

1 Box Popti Crackers

Board 2: £22.60

300g Cropwell Bishop Stilton

300g Cornish Yarg

250g Westcountry Brie

200g Helford Sunrise

1 Box Popti Crackers





Recipe

Mushroom, chestnut & butternut squash wreath



Ingredients:

1 pack of filo pastry,
500g of Forest Fungi mixed gourmet mushrooms
100g dried cranberries
100g chestnuts chopped
2 cloves of garlic
small glass of white wine
2 tbsp pesto
1 medium butternut squash
Smoked paprika & thyme

A large ring cake tin or cake tin with a ramekin

1. Pre-heat oven to 200°C/gas mark 6, dice the butternut, spread out on a roasting tray. Sprinkle with smoked paprika and season. Roast until soft.
2. Mince the garlic and chop the mushrooms into medium size pieces as you don't want them to shrink too much.
3. Lightly fry the garlic in oil for 2 mins, add the mushrooms and cook until soft. Add the thyme and white wine and simmer until the liquid has evaporated.
4. Once the butternut is cooked mash roughly with a fork in the tray, don't puree!
5. Grease your tin. Lay out your filo pastry and cut into triangles, you should get 5-6 triangles out of each sheet. Put the point of the triangle in the middle of the tin making sure you have pastry overhanging on both sides.
6. Overlap each triangle slightly and keep doing this until you have 3-4 layers of pastry. Add a little touch of oil to make the filo stick together if required.
7. Now to fill the wreath, spread a generous layer of pesto on the base then add your butternut squash, then the mushrooms, top with the chestnuts and cranberries.
8. Gently fold over the excess pastry starting with the outside, lightly dab with oil and fold the inside on top. Wrap it as tight as you can. Once folded, lightly brush with oil and place in the preheated oven for 20 minutes.
9. Turn the wreath out of the tin and if the bottom isn't crispy enough just place it back in the oven and keep an eye on it until it is crispy. Serve hot.



Gift Hampers

Beautiful local produce hampers available from 12th November for postage across the UK or as part of your Christmas shop.

Presented in a craft tray, wrapped in cellophane and finished with raffia. If you want something specific in your hamper just get in touch and we can work to your budget and requirements. We can also post these for you at cost.

Buckland – £20

Apple, Cider & Mint Jelly (225g) – Tamar Valley Apple Juice (750ml) – Apple Shreds (40g) – Kernow Chocolate Festive Bar! (100g) Kingston Preserves Festive Chutney (225g) – Tregothnan Tea Selection (8 sachets) – Cornish Fairings (200g)

Danescombe – £30

Jar of Tamar Valley Honey (340g) – Luscombe Ginger Beer (270ml) – Cornish Grape Juice (330ml) – Apple Shreds (40g) – Tregothnan Tea Selection (8 sachets) – Kernow Chocolate – Festive Bar! (100g) – Apple, Cider & Mint Jelly (225g) – Tamar Valley Apple Juice (750ml) – Kingston Preserves Festive Chutney (225g) – Cornish Fairings (200g)

Edgcumbe – £50

Jar of Tamar Valley Honey (340g) – Luscombe Ginger Beer (270ml) – Cornish Grape Juice (330ml) – Apple Shreds (40g) – Tregothnan Tea Selection (8 sachets) – Kernow Chocolate – Festive Bar! (100g) x 2 – Apple, Cider & Mint Jelly (220g) – Tamar Valley Apple Juice (750ml) – Kingston Preserves Festive Chutney (220g) – Simply Cornish Fairings (200g) Cornish Cold Pressed Rapeseed oil (500ml) – Cornish Sea Salt (225g) – Cornish Artisan Malt Vinegar (250ml)



The Landworkers' Alliance 2022 calendar

Available at Tamar Valley Food Hubs

£15

For 2022, the year following COP26, this calendar showcases twelve practices that are part of the solution for cooling the planet and building the world we know is possible. The imagery for the calendar is once again created by Rosanna Morris – the talented, socially engaged artist behind the LWA's last three sell-out calendars, and are beautifully reproduced onto 100% recycled paper. With justice and community at their heart, these examples are accompanied by 9 more hopeful, real world solutions to the climate crisis that we can put into practice right now.

The Landworkers' Alliance (LWA) is a union of farmers, growers, foresters and land-based workers with a mission to improve the livelihoods of their members and create a better food and land-use system for everyone. The LWA have a vision of a future where people can work with dignity to earn a decent living and everyone can access local, healthy and affordable food, fuel and fibre – a food and land-use system based on agroecology, food sovereignty and sustainable forestry that furthers social and environmental justice.





Free delivery fortnight!

Nominate your community for 2 weeks of free delivery in January! Keep an eye on our newsletter for full details.



Sign up to our weekly newsletter here!



Bee-keeping for Beginners

A 3-day course designed for new and novice bee-keepers with an emphasis on practical handling.



May - Fri 27, Sat 28, Sun 29
June - Mon 27, Tue 28, Wed 29
July - Sat 9, Sat 16 Sat 23

£165.00 including VAT
www.tamargrowlocal.org



Christmas Gift Vouchers available!