



Frome Valley Farm Shop



Happy New Year

Wide selection of fresh fruit and vegetables daily!

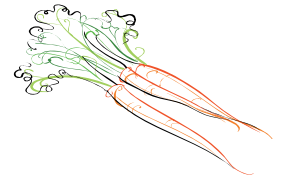


Our own ready meals are made with all natural ingredients using the leanest cuts of meat, only thickened with cornflour or tomato puree.

Our frozen ready meals – see in



Come and indulge in lots of fresh fruit, vegetables and other healthy alternatives to compliment those New Year resolutions and diet plans after all that seasonal overindulgence 😊



Frozen salmon fillet steaks essential for you



We have our own fresh homemade soups – various flavours Or the delicious ‘rod and bens’ varieties

New Exciting Range! Lots of new organic products to care for baby and mum. Plus Ella's Kitchen baby foods and smoothies.

We have now sourced a regular supplier of totally delicious produce.



Oily fish rich in essential fats.

WE NOW HAVE A FRESH FISH STALL RUNNING IN THE CAR PARK EVERY TUESDAY FROM 9AM UNTIL 3PM!!

! DONT FORGET THAT OUR CAFE IS NOW FULLY FUNCTIONAL AND SERVING UP A WHOLESOME RANGE OF HOT and COLD SNACKS and LUNCHEs between 10am-2.30pm (open until 5pm for teas, coffees, & cakes)

- The Colwill family are taking their annual break between the 26th of January to the 3rd of February. The cafe will run as normal during the week however, due to essential electrical works **THE CAFE WILL BE CLOSED FOR FOOD OVER THE WEEKEND OF THE 2ND AND 3RD OF FEBRUARY.** Cakes, teas and coffees will available as normal. Thank you for your co-operation with this matter.
- Due to the tremendous response to our new cafe and volume of customers now passing through **daily**, we are currently looking for a dynamic, enthusiastic, creative person to join our team, help expand and develop our current menu. This is a great opportunity for anyone passionate about food and excited about the prospects our new cafe holds ☺ Please email CVs to fromevalleyfoods@tiscali.co.uk or contact Sarah or Kath at the farm shop on 01454 773964. We look forward to hearing from you!

Dates for Your Diary

Pancake Day 5th February

...our cafe will be serving up fresh, hot pancakes for all those whose flipping skills are lacking! Our cafe menu will transform for the day to provide you all with a wide array of pancakes both savoury and sweet! Let us know if you any filling ideas before the big day!!

Purple Love Week 9th – 16th February

...come and support local food producers with lots of new products to *try and test* in store gathered nearby and from around the West Country! Look out for posters in store detailing our **purple** events, **tastings** and **produce!!!**

Valentine's Day 14th February

...come and treat your loved one with a home cooked lunch and valentine special dishes in our cafe.

Mothers Day 2nd March

...come and treat Mum to a lovely lunch out at the farm shop and spoil her with all things foodie and good.

Easter week 21st March - Good Friday 24th March - Easter Monday

...Easter egg hunt

...Egg painting

...Lots of tasty fair-trade Easter chocolate and eggs

(dates for events will be finalised and advertised in store early March!)

Later on this year

...look out for the new arrival of our Farm Shop piglets, born on the 10th of January to very proud parents!

Foods to try this year!!!

➤ **Quiona**

Increase your fish **and** vegetable sources of protein with seeds, nuts, lentils, beans, tofu and quiona (NEW IN STORE!!!). Pronounced keen-wah. This new super grain is an excellent alternative to rice and a great accompaniment to *any* meat or vegetable dish. High in Iron and gluten free quiona also contains Vitamin E & B, dietary fibre, trace minerals, complex carbohydrates and is one of the few vegetarian sources of complete protein.

Try this to kick start your health kick!:

Ingredients

250g Cherry Tomatoes	40g Dill
1 Onion	50g Pine Nuts
_ tsp Cumin Seeds	3 sticks of Celery
100g Basmati Rice	2 cloves of Garlic
140g Quinoa	500ml Veg or Chicken Stock
White Fish (such as seabass)	

Method:

Drizzle with olive oil, season and roast the cherry tomatoes for 15 minutes. Heat the rest of the oil in a large frying pan and fry the chopped onion, celery, garlic, cumin seeds for 10 minutes. Then add the rice, quiona, dill and stock. Cover for 12-15 minutes. When rice is soft add the tomatoes and pine nuts. Serve with white fish or a green salad.

Contact details

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