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# CREAMERY & FARM SHOP

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Dear Friends

We are well into 2009! The second decade of the 21<sup>st</sup> century beckons and yet it only feels like yesterday that we were anxiously anticipating the start of the New Millennium. .... and, what's more, **November 2009 will mark the 25<sup>th</sup> anniversary of the start of Loch Arthur Community!**

And what a different time that was ... the middle of the 1980's! Most of the young volunteers living with us at the moment weren't even born then; Dumfries and Galloway was still something of an unknown backwater of Scotland; and the notion of starting a 500 acre 'Organic Community Farm' seemed to raise more eyebrows and be a more foreign concept than the thought of a Martian spacecraft landing on a local farmers' field! My, how times have changed, consciousness has changed, the landscape has changed, our awareness of the issues facing us has changed, prices have changed!, methods of communication have changed ..... and, it would seem, our ability to cope has changed! Perhaps it's actually the deepest part of our humanity that's struggling to keep up with the pace of change. How important it is that we allow ourselves the possibility to breathe, take in the beauty of the world around us (and there is certainly no shortage of that) and take the time to appreciate all that we have achieved and all that is wonderful in this world of ours.

**So what news ?? .....**

❖ **Our New Website.** ... is still there. And don't forget that we are trying to keep it updated with news and information. So, you can use it to find the dates of our meat days, any special offers that we have on, new products in the shop, events, price lists, mail order information and copies of these newsletters. We aren't experts at it yet and will be greatly helped by your on-going comments and feedback.

❖ **The Shop**

Despite the 'economic doom and gloom', our shop remains remarkably buoyant. It's always encouraging to see the resilience and commitment of our regular customer base. We're very conscious of the constant increase in prices of many bought in products, especially imports due to the weakening pound. Ever more reason, I suppose, to focus on simple local produce. There are, however, some very fine products that are simply not produced on our shores and we all appreciate greatly. Speaking of this, we're busy working on **a new range of olives - at great prices.**

of pre-packed Olives and Olive Oils produced by  
ise in Palestine. This is one of the up-sides of  
it as a means of support for struggling countries and  
We should also soon have a bulk barrel of Extra

virgin Organic Olive Oil for you to fill into your own jars - a very economical and  
sensible way to purchase.

And, while on bulk buying, we have now got 15litre containers of Ecover Laundry  
and Washing Up Liquid for you to buy in bulk (again, much more economical) or  
to re-fill your own containers. We are also ordering (for several of our regular  
customers) bulk packs of rice, seeds, nuts etc - again, a much more economical  
way to purchase. Please enquire at the shop.

And always remember - if there's anything you are looking for that we don't stock,  
please ask and we'll do our best to get it in for you.

Many of you have spent the past couple of months enjoying the delights of **Botton  
Villages' delicious Apple Juice at the ridiculous price of only 95p per bottle!** We  
still have stock of this juice (Botton over produced last year) and although the 'best-  
before' date is end of March '09, I can assure you that this juice is still in perfect  
order ..... and very delicious. So don't be put off from taking home a case or two  
while this wonderful offer is still on! (Please note - a 'best before' date is only a  
guideline, unlike a 'use by' date)

❖ **Fruit & Vegetables.** So ... which would you like first - the good news or the bad  
news? .....

Well, the bad news is that the price of fruit and vegetables imported from the  
'Euro-Zone' has rocketed - the weak pound again and the most expensive time of year  
with scarcity before the start of the new season.

But the good news is that this is another incentive to buy or grow and consume local  
produce - but again, we know that oranges, bananas and avocados just won't grow  
around here. And, the even better news is that recent research has shown us,  
once again, **that even though we are shocked by our rising prices, they are  
consistently, and almost always, lower than Organic Fruit & Veg on offer at the  
24 Hr Superstore .... not to mention, quality, range, choice and pleasure!**

❖ **The Creamery.** Those of you who've been in recently will have noticed the upheaval  
around the shop and the yard. It's now 10 years since we moved into the new  
Creamery building and we're doing some upgrading of our facilities - new cheese vat,  
new piping, new flooring and general maintenance. It will all be a great improvement  
when it's finished ... but it's fairly disruptive while it's happening. The onward march  
of growth and progress!!

❖ **Fresh-Meat Days.** People continue to be amazed by, and constantly comment on,  
the quality and value of our meat. We continue with our monthly Fresh Meat Days  
(forthcoming dates are always posted on our Website) and have regular supplies of  
pork, bacon, gammon and chicken in between.

Park Farms who have supplied our Organic are now ceasing their Organic Registration. Only 'Free Range Chickens' which are standard with no GMO's. However, with the increased price of organic feedstuff and the need to send the chickens across the country for Organic processing they have chosen to drop their Organic status. The up-side is that their systems are still the same and the chickens are being processed just down the road. We will stock their Free Range Chickens (they will be at a lower price) and we will also get intermittent supplies of Organic Chickens from Garvald Farm in West Linton.

**Our next fresh meat days will be from  
Thursday 2<sup>nd</sup> till Wednesday 8<sup>th</sup> April**

There will be a good supply of Beef, Lamb, Chicken, Pork & Bacon.  
(We have none of our own lambs at present but will be supplied by Askerton Castle Organic farm in Cumbria - our butchers)

**Our following fresh meat days will be from  
Thursday 7<sup>th</sup> till Wednesday 13<sup>th</sup> May**

- ❖ **Easter Plans .....** We have a range of Green and Blacks Organic Easter Eggs available ... and will have our delicious Hot Cross Buns available on Wednesday, Thursday and Good Friday (limited supply so please order if you want to be sure.)

**Please note that our Easter Opening Times are:**

<b>Good Friday:</b>	<b>Open 9am - 2pm</b>
<b>Easter Saturday:</b>	<b>Open 10am - 3pm</b>
<b>Easter Sunday:</b>	<b>Closed</b>
<b>Easter Monday:</b>	<b>Closed</b>

We wish you all best wishes for Easter, a joyful spring ... and a good deal of warmth in the summer ahead.

With best wishes

*Barry Graham*