

fresh news

Your handpicked fruit & veg newsletter

NEW !

ALICE LANGTON'S

Gourmet Chocolate

Dipping sauce!

This is one of the rewards for referring a friend, if you like chocolate it is absolutely delicious. They contain 100% natural ingredients and at \$4.80 the 150ml tub will easily dip through 2 punnets of strawberries. We have plenty in stock.

The Chilli Factory update We have in stock some of the more popular sauces. If you require any, just send me an email or simply phone. Good news, they all come in **2lt Bottles for only \$32.**

That's great value. If you would like 2lts or any sauces for Christmas please call by Thursday 4th December as I'm placing an order. Save missing out!

Website update...

Still waiting! Everything seems to take longer than you expect. It will be good though. The website will have a members section that will keep you up to date with produce, what's happening and recipes.

IMPORTANT

CHRISTMAS Deliveries

1. **Regular deliveries** will be on hold for 2 weeks from 22nd Dec to Jan 5th.
2. **Christmas orders** will be delivered instead, from 22-24th Dec then we'll take a short family break.
3. **Please place your preferred order for Christmas week on the enclosed form by Dec 11th.**
4. We will resume normal service from 5th January. **Your first delivery after Christmas will be**

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SEASONAL UPDATE...

Finally **Watermelon** has arrived and we have had some very nice ones. Well worth the wait.

New season **Grapes** are in but expensive. We'll wait a couple of weeks and the price will drop.

We have had problems with our **Tomato** supplies but that has been fixed and we now have great tasting gourmet tomatoes.

RECIPE CORNER

If you have a family secret which you can share with us let me know. If we use your recipe **your delivery will be FREE for one week.** (the week the newsletter goes out) The recipe must be easy, a winner with your family and contain fruits or vegetables. This month's winner is: Corrie Blair.

Mango Chilli Chicken

- 500g Chicken tenderloins
- Sweet Chilli Sauce approx ¼ cup
- 1 mango cut into 2cm strips
- Extra chilli Sauce

Marinate the chicken in the chilli sauce for an hour. Put small amount of oil into pan that is heated to moderately high. Quickly cook chicken strips so a nice colour on outside but not quite cooked through. Reduce the heat to low, place mango strips over the chicken, pour on the extra chilli sauce and cover with lid for 5 minutes. Increase the heat of pan again to high to caramelize the chilli sauce on chicken. Great served with crisp salad or steamed vegetables.

Christmas Orders.

There will be no regular orders the week of Christmas you must place an order!

Your orders will be delivered as follows

Monday 22nd December – Monday and Tuesday run customers.

Tuesday 23rd December – Wednesday run customers and Lochinvar, Greta and Branxton.

Wednesday 24th December – Thursday run customers in Maitland, Telarah, Rutherford, Aberglasslyn.

Please return form by Thursday 11th December as all produce needs to be ordered. (Min. Order Value \$30)

(There will be no regular orders for 2 weeks from Monday 22nd December to Monday 5th January.)

1. Delicious Seasonal Fruit boxes

These have a selection of the yummiest seasonal fruits, perfect to enjoy over the Christmas break.

- Small: \$40 suited to couples.
- Regular: \$60 suited for families.
- The biggie: \$90 has the lot.

2. \$30 Salad box

- It all depends what's available and good but items we are likely to include are whole lettuce + mixed lettuce leaves, tomato, cucumber, capsicum, mushrooms, avocado, salad onions, sprouts.

3. \$20 Veggie (only available with another box)

Because there will be no deliveries between Christmas and the New Year you might like this as well.

- Contains: Potato, Carrots, Pumpkin, Green Veg – depends what's good, but as usual we'll pick the best.

4. \$45 Gourmet box

Contains a selection of the finest vegetables, salad and summer fruit.

Sally & Patrick's
handpicked fruit & veg

Taste the freshness