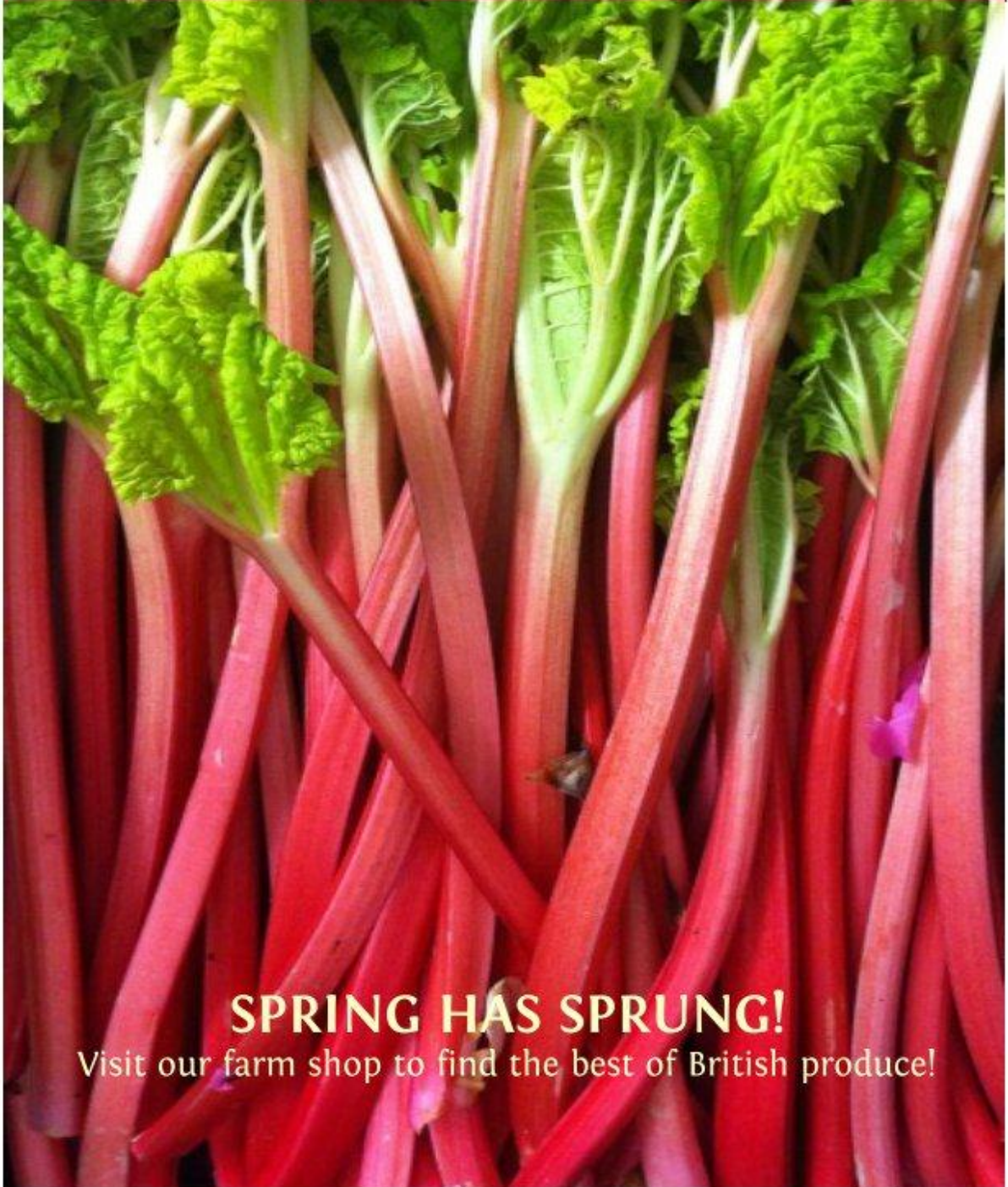


# Pick Me Up!

Spring Newsletter 2012  
March April May



**SPRING HAS SPRUNG!**

Visit our farm shop to find the best of British produce!

# Farm News from our sister farm shop Cobbs, Hungerford

Easter is much earlier this year, with Good Friday being on the 6th April! Our lovely rhubarb should be ready by the end of March, a fantastic and zingy fresh start to Spring. Following on from the rhubarb, the next crop to be harvested at Cobbs is our asparagus at the end of April/beginning of May. Asparagus is best eaten as soon as possible after it is picked.

Freshly picked asparagus arrives at the shop daily from our fields, which is why ours is so delicious and sought after. It is back breaking work for Jayne and Alison picking asparagus but we appreciate the hard work because the flavour is unbeatable. Once you have tasted our asparagus nothing will compare!



**WHAT'S IN SEASON ~ MARCH, APRIL, MAY**  
**Rhubarb, Purple Sprouting Broccoli, Spring Cabbage,**  
**Cauliflower, Leeks, Kale, Spinach and Asparagus.**  
**New Season Spring Lamb and Venison (until April).**  
**Daffodils, Narcissus, Anemones, Ranunculas, Tulips**  
**and Hyacinths.**

You can also find out more about what we are up to and what's new on our Facebook and Twitter sites—both can be reached from our website [www.goodlifefarmshop.co.uk](http://www.goodlifefarmshop.co.uk)

## The Farm Shop...

With British produce at its best what an exciting season we have to look forward to. Vlad will be working very closely with our produce buyer, to make sure we have all the great seasonal fruit and vegetables available from our wonderful British Farmers! Make sure you get some of our local Asparagus the minute it arrives as we all know how quickly the season comes to an end!

## New to the Farm Shop...

Freshly made frozen ready-meals. There has been lots of requests for good quality ready-meals in our shop, but now we have found them! Eazycuisine is a small family run business based in Cheshire that make all their meals from scratch. The staff in the shop would like you to know they have had to carry out the "terrible" job of product sampling, and can assure you these meals are FANTASTIC! Give them a try!





## WORTHY PLANTS

WHERE QUALITY IS PARAMOUNT

A beautiful array of camellias are displayed at the garden centre this month, with hamamelis (witch hazels), sarcococca (Christmas box) and helleborus cultivars to complement them. There is an excellent range of fruit trees and bushes available, and the new season seed potatoes are in too. Spring bedding will also start to fill the shelves as the cold spell retreats over the next few weeks. Worthy Plants now offers a landscaping service, from garden design, construction, planting plans, and, of course plant supply. Please come in to speak to Philip Jeffs for advice to help you off to a flying start this year.

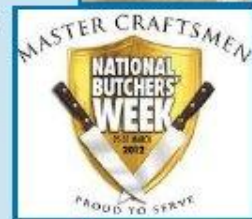
## T H Burroughs

TH Burroughs would like to give a big welcome to our new manager Marcus Cole, who will be following Tom's example of great customer care and service, whilst taking the butchery forward with new ideas. These will include making all sausages on site at The Good Life (a process which is both fun and interesting to watch) and using his skills as a trained chef to create new recipe ideas and exciting ways to prepare meat.

National Butchers Week will be from March 25-31st and will give us the chance to impress you with what we do best, and hopefully entice a few more people away from the supermarkets!

Easter is early again this year, so although our suppliers Spring Lambs may not yet be ready, you can be sure we will have lots of tender aged lamb for your Easter dinner. But please remember, it's always better to reserve a cut in advance to be sure you get what you want.

Finally St George's day is on Monday 23rd April. A perfect opportunity to try a new cut of beef for a special Sunday roast!



## An Evening with Wine

Hosted by Adrian Dew

Wednesday 28th March 2012 6.30pm.

We are joined again by Adrian Dew of Hallgarten Wines as he guides us through an evening of fine wine pairings accompanied with a mouth-watering deli platter.

Tickets will be limited, so get them quick!

Booking is essential!

Tickets are £17.50 to include all food and wine.

# Dates for your Diary

## FEBRUARY

Shrove Tuesday - Tuesday 21st  
*Pancakes served in our café until 4.30pm!*

## MARCH

British Pie Week - 5th to 11th  
*See in store for pietastic offers!*  
Mothering Sunday - Sunday 18th  
*Visit the shop for great gift ideas.*  
Butchers week - 25th to 31st  
An Evening of Wine - Wednesday 28th  
*An evening of fine wine pairings accompanied  
with a mouth-watering deli platter.*

## APRIL

Easter Sunday 8th  
St George's Day - Monday 23rd  
*Try a new cut of beef from our butchers.*

## MAY

English Wine Week - 28th to 5th June  
*See in store for promotions.*

**Don't forget we are open both  
May Bank Holidays (10am - 4pm).**



The Good Life Farm Shop, Springvale Road,  
Winchester, SO23 7LD  
tel:01962 889000 info@goodlifefarmshop.co.uk  
www.goodlifefarmshop.co.uk

