

Notes on Orchard Acre Farm Preserve contents from Teresa (Grower and Chef)

We grow our ALL our fruit and vegetables naturally and harvest wild fruits from the hedgerows around our farm. Honey from our bees is from nectar foraged primarily on our farm and the surrounding semi natural countryside and local woodlands.

I hand prepare all the preserves and chutneys, using the traditional "Open Pan" method and in cooked small batches. In this way the seasonal flavour is protected by personal tasting and adjustment to the balance of sweetness and acidity. We use a high real fruit content so keep all preserves in the fridge once opened. We do not add water or flavourings other than a stated splash of liquor or spirit.

Our farm family and staff are all fully trained in food hygiene and the farm has held a [5 star food hygiene rating](#), since it began. Teresa and hubby Hugh have been farming all their lives and have been running Orchard Acre Farm since 1989.



The farm is Lonely planet described as a hidden Eco gem and Guardian listed as one of the top eco activities. The farm hosts food and cooking events, hen party activities and private functions such as family celebrations in our multiple award winning eco barn.

The kitchen gardens surround the eco barn and guests can enjoy their foods and relish in seeing them come from the farm onto their plates, literally before their eyes.

Our kitchen has wheat, nuts and many other potential allergens present in the cooking environs; if you want to know more call me 07753788181.

Best before means the preserve is at its superior flavour before the date shown. For example, best before Dec 2018. After this date the flavour and colour will begin to fade a little. The jam is still safe to eat well beyond that best before date on the jar. Use within 3 weeks after opening. Eventually food that is opened and closed several times may develop a spoilage mould. The high content of sugar means jams rarely become a health hazard. My advice; have one jar open at a time and LASH it on!



Black Currant.

Blackcurrant 52% sugar 48%
Refrigerate once open and consume within 3 weeks

Rhubarb

Rhubarb 56%% fruit content, 40% sugar and we add red current reduction 4% as a natural setting agent.
Refrigerate once open and consume within 3 weeks

Summer Fruits

A jolly jam with rhubarb 35% black and red currants 10% raspberries/apple 7%. Sugar 48%
Refrigerate once open and consume within 3 weeks

Marmalade

Oranges 50% 50% sugar
Made with Seville oranges famous for their tangy zest. Refrigerate once open and consume within 3 weeks

Red Dragon Chutney

Tomatoes 60%, onions 12% apple 10%, 5%vinegar chillies, 5%, sugar 5% and garlic herbs and spices 3%
Refrigerate once open and consume within 3 weeks

Green Dragon Chutney

Courgettes 60%, onions 12%, apples 10%, chillies 5%, 5% vinegar, sugar 5%, green herbs and garlic 5%.
Refrigerate once open and consume within 3 weeks

Onion relish

Onion 90%, olive oil 5%, vinegar 2% and 2% chillies 1% Champagne
Refrigerate once open and consume within 3 weeks

Cranberry and Redcurrant Sauce

Cranberry 60%, Redcurrant 30% onion 5% oil 2% and sugar 3%
Refrigerate once open and consume within 3 weeks

Redcurrant and Rowanberry Jelly

Redcurrant 30%, Rowanberry 30%, sugar 38% and 2% Dry Vermont
Refrigerate once open and consume within 3 weeks

Apple and Sage Sauce

Heritage apple varieties 75%, onion 14%, white wine vinegar 5%, sugar 5% and 1% sage.

Honey

100% gorgeous. It is a sugar that reflects the aroma and properties of what the bees are foraging upon. So, here's an easy description; Each **tablespoon** contains about 60 to 64 calories. Honey **does not contain** sodium, fat or cholesterol. The average composition of **honey** is about 80% carbohydrates, (Fructose mostly) 18% water and 2% amino acids, a host of trace vitamins, and minerals. Honey rarely goes "off". It however will crystallise. Stand in hot water or very short blast in the microwave to melt again.
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