

The EXCHANGE and MARRROW

OXTON ORGANICS CUSTOMER NEWSLETTER

01386 860477 - www.oxtonorganics.co.uk - email boxes@oxtonorganics.co.uk

To start with, a carousing, if belated, Happy New Year. Hope your visa cards are well on the road to recovery and that it was all worth it. I'd have to say that the shameless seasonal indulgence of flying the family off to Sicily for the duration was a peach of a prezzie! Neither queuing at Gatwick in the fog to get to the check-in desk nor being in an earlier time zone than a couple of our bags for three days, nay not even the Sicilian drivers, who I'm convinced must spend the time they're not driving either howling at the Moon or avoiding the attentions of straight jacket wielding orderlies, could take away from what proved to be a beast of a good time had by one and all. Taking pride of place on our shelf since getting back is a chunk of lava from Etna, a completely different but equally volcanic lump of grey pumice found on the beach and a "nun's fart" (the nickname for furry little balls of seaweed that wash ashore in their millions around Sicily).

Oh, while I remember, many thanks for all your cards, bottles of unusual plonk, chocs, tips, etc over Christmas. As ever the money went to "the help" leaving Jayne and myself to scoff/slurp our way noisily through the rest.

Staying on the theme of volcanoes I must confess to having my faith in human nature ever so slightly restored by the eruption of anti-racist indignation over Celebrity Big Bro. Having spent sometime in India as a fledgling hippy I must confess to a certain soft spot where darkly alluring Bollywood actresses are concerned. The Indians always treated me and mine as welcome guests in their country and didn't seem to mind at all that I insisted on eating with a knife and fork, as strange as this foreign ritual must have seemed to them at the time. Why don't we finally admit that with all the good stuff there is on British telly it's time we stopped using the euphemism "reality TV" to describe this low budget mass voyeurism. I don't know about you but my reality has never included being locked in a house for 4 weeks with a bunch of total strangers in order that several million observers can watch me unravel!

Then there's the weather. Of course it's always been a national preoccupation and our favourite conversational backstop. Something we've just had to put up with. But with climate change, and the growing realisation that we're causing it, becoming such a hot topic (excuse the pun), idle chat has changed to heated debate and a subject to be avoided at dinner parties, rather like party politics or religion. But whatever our meteorological future at last we seem to be focusing on our excesses and their long term consequences and perhaps having second thoughts about our continued need to worship at the altar of economic growth. "Make do and mend" was a wartime maxim which perhaps should be revived, especially as it looks as if throwing stuff away will soon be costing us all a lot more. To quote The Stones, "you can't always get what you want but if you try sometime you might find you get back to needs".

Okay, Lecture over. I suppose that means I'd better get on with the newsletter.

WHAT'S GROWING ON

With the turning of the year has come the usual assessment of what's available to put in the boxes. We've still got a reasonable amount of the home grown although greens of all kinds will become harder to get our hands on as winter turns to spring. We hope you've enjoyed the salad bags over the past couple of months. The mild weather has helped here despite two of our polytunnels having been shredded in the recent gales. The winter squash are all but finished but we still have a few pickings of sprouts, curly kale, leeks and swedes to look forward to. Although imported we've felt most of the out of season stuff has been of good quality especially peppers and courgettes. With food miles in mind we always endeavour to source from Britain and Europe and avoid anything air freighted.

BOXERS BRIEFS

Just a few reminders here. As the box season draws to a close (**Last deliveries on WED 28TH FEB / THURS 1ST MARCH**) please can you be prompt in settling your accounts. Don't forget we cannot commence delivery to you next season until this season's account is settled. Many customers now find it more convenient to pay via the Banks Automated Clearing System or BACS payments. If you wish to pay by this method please contact us so that we can send you our bank details.

CLASSIFIEDS - Entry free to all box customers

DAVE HALLIGAN ESQ. - Physician to those worried by Windows. Hardware and software problems diagnosed. Bespoke databases by appointment Tel.07730775085

PAULS FISH SUPPLIES - Delivered to your door. Tel. 01472 329583 or 07944373472

MASSAGE THERAPY (remedial, sports, relaxation and Indian head massage) - Do you suffer from a bad back, stiff neck and shoulders, general aches and pains, stress? Massage can improve mobility, speed the healing of specific injuries, ease soreness caused by overworked muscles, reduce stress and tension. For further information or to book an appointment, please contact Sally Allen (IIST, IIHHT, MICHT) Ekington. Tel. 01 386 751211. Gift vouchers available.

THERAPY AND COUNSELLING IN WYRE PIDDLE - Much more than tea and sympathy; a personal journey of discovery or help with specific problems - these can build up to a point where we can't manage on our own. Therapists offer professional objectivity and attuned sensitivity to enable you find vital insights and change your situation. Eleanor, trained in London, has over 18 years of experience and qualifications and has lived and worked locally for 6 years. She is BACP accredited and teaches psychoanalysis, therapy and counselling as well as practising it. The chance to do this work is available and absolutely everything about it remains strictly confidential and private to you. For an initial consultation please phone 01 386 550136 or contact cc-m_counselling@tinyworld.co.uk

JEFF LYNN - Interior and exterior painting and decorating - Tel. 01386 792198

FLADBURY PIES AND SAUSAGES - Church Street, Fladbury. Prize winning pies, sausages and ready meals. Various high quality meat products, ideal accompaniments for your organic veg. Catering service also available. Tel. 01 386 860288

PINS & NEEDLES - MAKERS AND REPAIRERS OF SOFT FURNISHINGS - Loose covers, upholstery, blinds and curtains, bed throws, cushions. Alterations. No job too small or too large. Call Sally on 01386 861550

DUTCH LEWIS' BROADBAND - Music for all occasions Tel. 01 386 553557 or visit www.dutchlewis.com

AVISHOES. Hand made by Dutch Girl in Fladbury. Unique handmade leather & sheepskin. Baby Shoes. Sizes 0-13. Qualified orthopaedic shoe maker. Adult sizes. Up to size 20. Tell me what you want. Moccasins with recycled tyre sole (or not). Consultations over Dutch coffe & biscuits. Tel:01386 860938 / 07903 470772. www.avishoes.wahmall.co.uk

HAWLEY'S EVESHAM HONEY We don't fiddle with our honey - jarred up straight from our hives in Charlton - deeeelicious!! Only £2.50/lb jar call Elaine 01 386 860420 or mail el@hoho72.fsnet.co.uk

GUITAR TUITION - I currently have three sessions available for one to one guitar tuition on Wednesday nights. I have played the guitar for 20 years & teach most styles for Electric & Acoustic Guitar Relaxed teaching style at a pace that suits the student. I am able to teach from beginners to advanced I offer competitive rates & travel to the student's house at no extra cost. Please feel free to contact me if you need any further information Emile Baird Email - emilebaird@aol.com Telephone: 01 386 760723 Mobile: 07957 267964

AROMATHERAPY/INDIAN HEAD MASSAGE - Experienced mobile therapist. Why not try these gentle effective therapies. Chris Tarplec 07707 675216

NATUROPATHIC NUTRITIONIST - Migraine, Skin disorders, IBS, Fatigue, PMT, Anxiety, Insomnia, Arthritis, Heartburn, Weight gain or loss are just a few symptoms that may be addressed through dietary changes. Naturopathic Nutrition can treat people with all manners of health problems whether they be, physical, mental, emotional, chronic or degenerative states. For a friendly chat and booking, please call: Fiona Waring 01 3862 67964 / 76072307957 fiowanawaring@aol.com

JAMBO! SOUNDS OF AFRICA AT THE BECKFORD BIG SING Sunday 25th February 2007, 2pm-5pm. Hot rhythms and sublime harmonies from Africa. Be you seasoned singer or absolute beginner...all voices are welcome to come and join the singing at this monthly community event. No music knowledge necessary as all songs taught by ear. Workshop led by Hilary Davies and Alice Robin. Beckford Village Hall, Main St, Beckford GL20 7AD. £10 pre-booked, £12 on the door. Details: Hilary 01 386 751206 or Alice 01 386 882 889. Forthcoming dates: 25th March, 22 April, 2pm-5pm Sunday afternoon.