

The darling spuds of August

Can you even call it a summertime salad if it's not bursting with new potatoes? We don't think so either, and our farmers have done us proud for another year. Keep your eyes peeled for naturally sweet, delicate organic spuds, cropping up in an veg box near you.



Abel & Cole

abelandcole.co.uk 03452 62 62 62

A spudding new romance

Nick's father-in-law first started growing veg organically on Bagthorpe Farm way back in the eighties. While others were rocking shoulder pads and listening to Spandau Ballet, he saw the impact a new wave of intensive farming was having on the land and wildlife.

Organic methods are better for the soil, for the animals and for the veg. We know this much is true. Now thirty years later, our man Nick tends this lively little patch of Northwest Norfolk; reaping the rewards and sharing them with us. He wouldn't have it any other way and that shines through in the taste of his good as gold new potatoes appearing in boxes now.

"I love being on the farm and seeing the seasons. Every week is different, making it a great place to live and raise a family."



NICK WALTON



MINTED HONEY MUSTARD
POTATO SALAD

Do the minted potato salad. It's a lighter alternative to the mayo-dressed version, and wickedly simple to boot.

Ingredients

- 500g salad/new potatoes
- 2 spring onions, thinly sliced
- Sea salt and freshly ground pepper
- A few glugs of olive oil
- 1 garlic clove, halved and crushed (peel removed)
- 1 ½ tbsp wholegrain mustard
- 1 tsp honey
- A large handful of fresh mint, roughly chopped

Method

1. Halve or quarter any larger potatoes. Boil with the garlic until tender.
2. Drain. While they're still warm, toss with the sliced spring onions, a slug of olive oil and a good pinch of salt and pepper.
3. Mix the honey and mustard together. Fold it through, adding a bit more olive oil to loosen it up, if needed.
4. Scatter mint over the top. Gently mix.
5. Taste. Add a bit more salt and pepper, if needed, and step up the mustard if you fancy more kick.