



# Clough Jordan Community Farm

## Welcome to Clough Jordan Community Farm.

Farming according to the principle of biodynamics our primary goal is to provide nutritionally complete produce grown in healthy, nutrient rich soil using only organic biodynamic seed. Everything that comes off the land then belongs to the members. This makes a unique experience as members are directly connected to the source of the produce.

Members receive a twice weekly harvest report, quarterly newsletters and can join in on our farm social and educational events. We also hold member meetings and community meals regularly, where we bring and share dishes mostly made from the farm produce. Notice for farm activities and events will be sent to the Members mailing list or will be posted on the notice board in the Coach House. Our produce is delivered to the Coach House on Main Street twice weekly - Monday and Thursday after 1pm.

### Our Vision is:

- to grow, distribute and consume food from a local member owned farm.
- to provide a wide variety of seasonal vegetables, salads, herbs and fruits to farm members at a local distribution point.
- to grow to organic farming standards, without the use of pesticides, herbicides, fungicides or artificial fertilisers.
- to grow heritage varieties, to save our own seeds and to enrich the soil using biodynamic methods.
- to provide local employment and include a variety of volunteer effort.
- to be an educational and social resource for the local and wider community.

Further information, news, events and recipes are regularly posted on the Farm's website [www.cloughjordancommunityfarm.ie](http://www.cloughjordancommunityfarm.ie) and there is a link to the Facebook page - please like and share!

Our typical seasonal produce for the year is listed on the website. Please bear in mind that from February to April are seeding and prep months (also known as the Hungry Gap) we still have plenty of root, salad and kale veg but less fruit and green veg available during this time.

If you have any queries, please don't hesitate to contact the Coordination team by email:

[Coordinationgroup@cloughjordancommunityfarm.ie](mailto:Coordinationgroup@cloughjordancommunityfarm.ie)



# Cloughjordan Community Farm 2019

<b>BRASSICAS ❖</b>	<b>JAN</b>	<b>FEB</b>	<b>MAR</b>	<b>APR</b>	<b>MAY</b>	<b>JUN</b>	<b>JUL</b>	<b>AUG</b>	<b>SEP</b>	<b>OCT</b>	<b>NOV</b>	<b>DEC</b>
broccoli (calabrese)							✓	✓	✓			
broccoli (purple sprouting)		✓	✓	✓			✓	✓	✓	✓	✓	✓
brussel sprouts	✓	✓									✓	✓
cabbage	✓	✓	✓				✓			✓		✓
cauliflower									✓	✓		
chard			✓	✓			✓	✓	✓	✓	✓	✓
kale	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓
kohlrabi	✓	✓					✓					✓
spinach	✓	✓						✓	✓	✓	✓	✓
swedes	✓	✓	✓	✓				✓	✓	✓	✓	✓
<b>FRUIT ❖</b>	<b>JAN</b>	<b>FEB</b>	<b>MAR</b>	<b>APR</b>	<b>MAY</b>	<b>JUN</b>	<b>JUL</b>	<b>AUG</b>	<b>SEP</b>	<b>OCT</b>	<b>NOV</b>	<b>DEC</b>
black/redcurrants							✓	✓	✓			
rhubarb						✓	✓	✓	✓	✓		
grapes									✓(*)	✓(**)		
goosberries								✓(*)	✓(*)	✓(*)		
rasberries (red/yellow)								✓(**)	✓(**)	✓(**)		
blackberries								✓(**)	✓(**)	✓(**)		
strawberries								✓(**)	✓(**)	✓(**)		
apples									✓	✓	✓	
<b>HERBS ❖</b>	<b>JAN</b>	<b>FEB</b>	<b>MAR</b>	<b>APR</b>	<b>MAY</b>	<b>JUN</b>	<b>JUL</b>	<b>AUG</b>	<b>SEP</b>	<b>OCT</b>	<b>NOV</b>	<b>DEC</b>
basil						✓	✓	✓	✓			

chervil	✓	✓	✓								✓	✓
corriander	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
parsley	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
chives			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
dill	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
sage							✓	✓	✓	✓	✓	
thyme							✓	✓	✓	✓	✓	
<b>ONION FAMILY ❖</b>	<b>JAN</b>	<b>FEB</b>	<b>MAR</b>	<b>APR</b>	<b>MAY</b>	<b>JUN</b>	<b>JUL</b>	<b>AUG</b>	<b>SEP</b>	<b>OCT</b>	<b>NOV</b>	<b>DEC</b>
garlic (green)		✓(*)	✓(*)	✓	✓	✓	✓					
garlic (variety)	✓(*)	✓(*)					✓	✓	✓	✓	✓	✓
leeks	✓(*)	✓(*)									✓	✓
onions	✓	✓	✓	✓			✓	✓	✓	✓	✓	✓
scallions				✓	✓	✓	✓	✓	✓	✓	✓	✓
shallots							✓	✓	✓	✓	✓	
<b>LEGUMES ❖</b>	<b>JAN</b>	<b>FEB</b>	<b>MAR</b>	<b>APR</b>	<b>MAY</b>	<b>JUN</b>	<b>JUL</b>	<b>AUG</b>	<b>SEP</b>	<b>OCT</b>	<b>NOV</b>	<b>DEC</b>
beans green/runner							✓	✓	✓			
broad beans							✓	✓	✓	✓		
peas/mangetout							✓	✓	✓	✓		
<b>ROOT AND STEM ❖</b>	<b>JAN</b>	<b>FEB</b>	<b>MAR</b>	<b>APR</b>	<b>MAY</b>	<b>JUN</b>	<b>JUL</b>	<b>AUG</b>	<b>SEP</b>	<b>OCT</b>	<b>NOV</b>	<b>DEC</b>
beetroot	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
carrots	✓(*)	✓(*)	✓(*)	✓(*)	✓(*)	✓	✓	✓	✓	✓	✓	✓
celery (leaf)								✓(*)	✓(*)	✓(*)		

jerusalem artichokes										✓	✓	✓
parsnips									✓	✓	✓	✓
potatoes	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
radishes							✓	✓	✓	✓	✓	✓
swedes	✓	✓	✓	✓				✓	✓	✓	✓	✓
turnips	✓	✓					✓		✓			
<b>SALAD ❖</b>	<b>JAN</b>	<b>FEB</b>	<b>MAR</b>	<b>APR</b>	<b>MAY</b>	<b>JUN</b>	<b>JUL</b>	<b>AUG</b>	<b>SEP</b>	<b>OCT</b>	<b>NOV</b>	<b>DEC</b>
salad / mixed	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
rocket						✓	✓	✓	✓	✓	✓	✓
iceberg						✓	✓	✓	✓			
butterhead lettus						✓	✓	✓	✓			
<b>SQUASHES ❖</b>	<b>JAN</b>	<b>FEB</b>	<b>MAR</b>	<b>APR</b>	<b>MAY</b>	<b>JUN</b>	<b>JUL</b>	<b>AUG</b>	<b>SEP</b>	<b>OCT</b>	<b>NOV</b>	<b>DEC</b>
courgettes					✓	✓	✓	✓	✓	✓		
cucumbers							✓	✓	✓			
gherkins						✓	✓	✓	✓			
pumpkin/squash								✓	✓	✓	✓	✓
<b>SUMMER FRUITING VEG ❖</b>	<b>JAN</b>	<b>FEB</b>	<b>MAR</b>	<b>APR</b>	<b>MAY</b>	<b>JUN</b>	<b>JUL</b>	<b>AUG</b>	<b>SEP</b>	<b>OCT</b>	<b>NOV</b>	<b>DEC</b>
peppers/chillies							✓	✓	✓	✓	✓	✓
tomatoes						✓	✓	✓	✓	✓(*)		
<b>(*) = Limited amounts</b>												