



## Food sources and quality

For your general information about food sources and quality, please see the information below that Ashlyns have provided about the food sources they use.

### Fruit & Vegetables

Fruit is always difficult to source locally as the supermarkets have the major say in production and purchasing. Generally what is left over for local customers such as ourselves is sub-standard in quality and size. However, we do source soft fruits such as raspberries and strawberries when they are in season from local farmers

Vegetables are a lot more available.

- Carrots are from Cambridgeshire
- Potatoes are from Bedfordshire/Cambridgeshire/Essex and sometimes Lincolnshire. When they are available I also buy the small new potatoes from a farm that I used to work on in Cornwall - they are delicious!!
- Cauliflower, broccoli and some of the cabbages come from a farm near Ipswich and they are even organic sometimes when he has some available for us.
- Beetroot is from Kent
- Lettuces, mixed leaf salads and celery come from Lancashire, Cambridgeshire and Kent.
- Mushrooms are organic and come from Capel St Mary's near Colchester on the Essex & Suffolk border.

### Dairy

- All of the cheese is UK and Red Tractor.
- The yoghurts are organic and come Yeo Valley farms in Somerset.
- The milk is organic and is all UK from the depot in Colchester in Essex.
- The eggs are Free Range and come from a small farm in Royston in North Hertfordshire.

### Meat

All of the meat is Farm Assured which is "Red Tractor" and the children will have probably seen this on the packaging when they go to the supermarkets. It is a quality assurance certificate that covers animal husbandry and welfare. It ensures that the animals have plenty of space and fresh food (no GM food). It looks at how they are cared for to ensure that they do not get sick but without the use of prophylactic medicine. The rules are very strict and the certificate provides confidence in the product. All of the meat is butchered at Ashlyns by our own butchers with the exception of the sausages as we cannot make them quickly enough on our old machine. A friend who is based in Hoddesdon makes them for us using our recipe and the meat is Red Tractor and locally sourced.

- The chicken is from Suffolk and sometimes Norfolk.
- The beef is from a co-operative of farmers in East Anglia. The main base is in Bury St Edmunds in Suffolk. This is used for Topside, burgers and mince.
- The pork is from Suffolk and is usually Free Range
- If lamb is on the menu at any time it will come from either the UK or Ireland depending on availability.
- Turkey comes from Braintree in Essex

**Headteacher Leon Choueke**