



Janet's Newsletter

News Views and Recipes

Spring 2017

Welcome to my News and Views for Spring

The new van is driving well. 9,000 km up on her already ! I am designing our branding for the van so that no one will miss seeing me whizzing around the country.....

We had a phenomenal response to our competition run in conjunction with *Good Food Ireland* in February. 5 lucky winners throughout the country received a delicious goody bag of products. Very many thanks to Anna Wall at GFI for running the competition.

It was "up Wicklow" for 3 of us who featured in the Supervalu Customer magazine . Myself, The Happy Pear Lads, Alison & Aaron of Dr. Coy's And not to also mention wonderful Annmarie from the Tipperary Kitchen in Thurles. A great opportunity to showcase our products and very many thanks to Supervalu.

FOOD ACADEMY
Giving Small Producers a Big Chance

What is Food Academy?

AT SUPERVALU 'WE BELIEVE IN LOCAL' AND THAT'S WHY WE ARE THE BIGGEST SUPPORTER OF LOCAL PRODUCERS AND SUPPLIERS IN IRELAND, ESPECIALLY THROUGH THE **FOOD ACADEMY** INITIATIVE.

Food Academy was created in partnership with Bord Bia and the Local Enterprise Office Network as a mentorship programme, working with and nurturing small businesses through their journey from start ups to getting their products on shelves in SuperValu's across Ireland. We now have over 320 producers in-store with Food Academy, supporting 1,100 new jobs. Keep a look out for our Food Academy Range on your next visit to your local SuperValu.

Pesto & SUPER FOODS

The Happy Pear
David, Darragh & Stephen Flynn,
Co. Wicklow

A wide range of healthy delicious goodness including pestos, hummus, soups, granola, sprouts, smoothies & bars, the Flynn brothers from Co. Wicklow are all about making us healthier & happier!

ONLY €4.99
Lovely Basil/Sundried Tomato Pesto 180ml - €27.72/ltr

HEALTH Foods

Dr Coy's HealthFoods
Alison & Aaron O'Donohue,
Co. Wicklow

A healthy range of gluten and dairy free chocolate products, made by brother and sister, Aaron and Alison in Greystones.

ONLY €2
Nutritional Mint/Ginger & Lime/
Coconut Chocolate Bar 35g

Nutritious SAUCES

Janet's Just Delicious
Janet Drew, Co. Wicklow

Janet Drew's yummy pasta sauces are also nutritious, so they are perfect for your family.

ONLY €2.79
Classic Pasta Sauce 350g - €7.97/kg

BAKED GOODS &

EAT WE

Keep a look out in-store for our **AWARD WINNING** Food Academy Range!

The kitchen is really busy now here in Kilcoole as Spring means making delicious seasonal pestos for The Butler's Pantry.

Wild Garlic pesto & Watercress & Mint pesto.

All created by Niall Hill, Head Chef and enthusiastically produced by myself and the girls. The aroma of wild garlic definitely heralds the onset of summer. And on the twisty road

as I call it off the N11 down to our kitchen , I see and smell swathes of wild garlic along the ditches.



I had an excellent meeting recently with Ian Mullin, head of product development at Freshways. Two foodies let loose in the same room coming up with new ideas for Freshways sandwiches and salad boxes..

A potent combination! Enjoy

*Freshways Handmade Ham & Cheddar on Artisan Bread
ith Janet's Country Fayre Red Onion marmalade.*

We thoroughly enjoyed creating our first video “ [Just For You :
A Day in The Life of Janet's Just Delicious](#) “ which features our radio ad in the background. A huge thanks to John Austin for his fantastic photography. Do share the video with all your foodie friends !

I am already starting to prepare for *Sheridans
Cheesemongers Summer Festival on
Sunday 28th May*. This is always a great day out in Co. Meath where I will be in the Sheridans marquee promoting and tasting the chutneys I make for Sheridans. And then it will be time for *Bloom in The Park*, which takes place annually

over the June Bank Holiday weekend in The Phoenix Park. It is such an amazing foodie & horticultural event for everyone.

Recipe

My *Janet's Just Delicious Original Pizza Sauce* is flying off the shop shelves as more and more people are making homemade pizzas. Here is a great snack idea for youngsters hungry after school or sports:

Pitta Pizza

1 packet of Wholemeal pitta breads

½ a jar of Janet's Just Delicious Original pizza sauce

1 packet of grated cheddar cheese or mozzarella & cheddar mixed

Heat the oven to 200 C

Shake pizza sauce before opening

Place pitta breads on a baking sheet

Spread pizza sauce on pitta breads

Scatter grated cheese on top of the pizza sauce

Pop in the hot oven for 10 minutes

Remove and slice in half

Enjoy !

The remainder of the jar of pizza sauce can be refrigerated for 5 days or popped into a Tupperware container and frozen

If any of you want to share some of your recipe ideas using any of my products I would be delighted to hear from you.
janet@janetscountryfayre.com

Happy Spring time !

A handwritten signature in black ink that reads "Janet Jew". The signature is written in a cursive style with a large, looped 'J' and a trailing flourish.