



MONACO GRAND PRIX MAY 24TH 2015

Come to Monte Carlo and join us on board our 56' PRINCESS FLYBRIDGE MOTOR YACHT moored 5 metres from the track!

PACKAGE INCLUDES:

- 4 DAYS RACING TICKETS [Thursday May 21st to May 24th inclusive]
- EXCELLENT VIEWING POSITION
- FREE BAR
- BREAKFAST AND LUNCH INCLUDED IN THE PACKAGE
- ACCOMMODATION ON BOARD IF REQUIRED or ALTERNATIVE ACCOMMODATION ASHORE IS AVAILABLE
- FANTASTIC ATMOSPHERE, GREAT HOSPITALITY, AN EXPERIENCE OF A LIFETIME

For further details contact NIGEL on the following numbers: 01635 281358/01635 281377/Mobile: 07793 638934



The producers

Claire Pitcher finds local food producers growing the best seasonal produce.

This month... asparagus at Abbey Home Farm.

Who are Secretts?

Abbey Home Farm is managed by Will and Hilary Chester-Master, who decided to convert the farm on Burford Road in Cirencester to organic production back in 1991. They've won many prestigious organic farming awards and their farm shop won a national Environmental Award in 2012. Their aim at the farm is to grow everything you need for a full meal. When Will and Hilary took over it was sheep, dairy, beef and arable; now you can expect to find hens, pigs, veg, soft fruit, milk, yoghurt, cream and cheeses. Their ethos is that 'farms are for feeding the local population, not for growing one thing that is sent all over the country or the world, often benefitting the middleman more than the producer'.

All about asparagus

British asparagus in particular not only tastes delicious, it is also full of disease-busting properties. If you're looking for a healthier diet, this crop is packed with vitamins, is known to be low in calories, low in fat, low in carbohydrates, low in sodium and cholesterol-free. It is also said to prevent cancer and heart disease, as well as boosting your immune system.

Buy your own

Abbey Home Farm has established their own 15-acre organic market garden, which surrounds their shop. Other organic growers help supplement stocks to offer fruit and veg all the time through the seasons. As well as growing their own asparagus, you can also sample Abbey Home Farm's leeks, lettuce, cabbage, parsnips and their own red chillies, dried on the farm. There's a full list of produce on their website.

Pay a visit

The Organic Farm Shop, Abbey Home Farm, Burford Road, Cirencester. Tel. **01285 640441**
www.theorganicfarmshop.co.uk

