

## Monday 26<sup>th</sup> March 2012

Dear Customer,

Purple Sprouting Broccoli is coming into flower all over the country. Jonnie Watson's is in the bags this week. You could try it Italian-style: plunge into saucepan of salted boiling water and blanch for a couple of minutes until just tender, drain, cover the base of a deep frying pan with olive oil, add the psb, turning for a couple of minutes then add a finely chopped clove of garlic and maybe a flutter of chilli flakes, cook for another minute, season with salt and pepper, cook for another minute turning once or twice, then serve with lots of squeezed lemon juice. You could also serve on it's own with mayonnaise or a Hollandise sauce.

### **Spaghetti with Butternut Squash and Aubergine Pesto**

400g dried Spaghetti  
Handful chopped fresh parsley  
1 small butternut squash, deseeded and cubed  
150ml olive oil  
1 small aubergine  
115g parmesan, grated  
1 big clove garlic, roughly chopped  
75g pine nuts

Preheat oven to 200c/fan 180c/gas 6. Put squash in a large roasting tin drizzle with a little oil, season and toss together. Roast for 10 minutes. Prick the aubergine a few times with a fork, then rub all over with a little moor oil. Add to the roasting tin – put the squash to one side – and roast for a further 25 minutes until the vegetables are nice and soft. Meanwhile cook the spaghetti to al dente according to the packet instructions. Drain well and return to the pan. Meanwhile chop the aubergine and put into a food processor with the squash, parmesan, garlic and pine nuts, Blend until smooth, then, with motor running, slowly add the oil until you have a thick pesto like sauce and season with black pepper. Toss the pesto through the pasta and serve scattered with parmesan shavings and chopped parsley.

### **Roast Aubergine, Tomato and Mozzarella Pasta**

1 aubergine , cut into chunks  
300g cherry tomatoes  
1 garlic bulb, cloves separated, unpeeled  
Oregano  
Grated zest of 1 lemon, plus a squeeze of juice  
4 tbsp olive oil  
400g fusilli or other dried pasta  
8 sun-dried tomatoes, roughly chopped  
250 mozerella, torn

Preheat oven too 220c/fan 180/gas 6. Place aubergine and cherry tomatoes in a roasting tin with the garlic clove, oregano and lemon zest. Season well and toss with a tbsp of the olive oil. Roast in the oven for 25 – 30 minutes until the aubergine is soft and the tomatoes are bursting. Meanwhile, cook the pasta in boiling salted water according to the packet instructions, then drain, reserving a little of cooking water and toss with the remaining olive oil and reserved cooking water. Remove the vegetables from the oven squeeze the roasted garlic from the skins (discard the skins) and add it to all to the pan containing the hot pasta. Add the sun-dried tomatoes. Mozzarella and lemon juice, and toss well. Serve with some grated cheese.

### **Savoy Cabbage and Caraway Gratin**

Olive oil  
1 medium onion, finely sliced  
2 tsp caraway seeds, roughly chopped with a knife  
Salt and freshly ground black pepper  
1 savoy or other green cabbage, cored and shredded  
150ml dry white wine  
200ml double cream

2 handfuls breadcrumbs  
Few knobs of butter

Heat the oven to 200c/gas 6. Warm 1 tbsp of oil in a large frying pan. Add the sliced onion, caraway seeds and a pinch of salt. Cook over a gentle heat for 6-7 minutes until starting to soften. Add the cabbage until the liquid has evaporated. Add the cream and then tip in the wine, particularly with a lot of black pepper. Bubble away until the cream has thickened. Tip the mixture into the gratin dish and scatter with breadcrumbs. Dot the tops with the knobs of butter and bake in oven for 20 minutes until golden brown

Isn't it incredible the effect of the sun and warmth – in the past two weeks the country has turned from a murky grey into HD technicolour. In the mini eco-system of my garden, the birds are singing deliriously, the giant bees have appeared and the toads in the pond have been mating constantly. A friend texted me to say she'd dreamt that my sheep had started lambing and that all the lambs were born with strings of daffodils around their necks. That about sums up Yorkshire at the moment. Thankfully there are no signs of any being in lamb! But my big worry at the moment is the rats. Earnest noticed, when he came to fill some tanks from my outside taps, a rat hole burrowing under my house. He said he'd come round and fill it in with concrete which he did the next day. The problem is .... I think he has trapped them inside the house. The next day I could hear terrible gnawing under the floorboards and yesterday, not even at night but in the middle of the afternoon, I could hear it, or them, running across the ceilings, through the walls, everywhere – all concreted into the house with no route of escape.

Anyway, i hope you aren't suffering and such infestations and that you are enjoying our beautiful spring weather.

Kind Wishes

PS With new website launch so imminent, please can i ask you to send us your email address, the one you would like to use as your 'USER ID' for your website account. It would be much appreciated if you could send it to us at [infor@farmaround.co.uk](mailto:infor@farmaround.co.uk) as soon as possible as we will be setting up your account imminently, ready for launch in a few weeks time . Please remember to give us your name and account number or postcode at the same time. (2<sup>d</sup> reminder).