

Monday 10th September 2012

Dear Customer,

We have red sweetheart cabbages from Ormskirk in the bags this week and their Picasso potatoes. We have sweetcorn from Andrew Ward in the south of Kent, one of the few places which didn't get the deluge. We have Rosemary Wass' rainbow chard and sweet potatoes, red globe grapes and red peppers from Andalucia.

Sweet potatoes are so nutritious – full of beta carotene, vitamins A and C. They have low carbohydrate content, are a good source of soluble fibre and are anti-oxidant rich. They aren't potatoes and can be eaten raw grated into salads, roasted, baked like a bake potato, steamed or boiled and mashed.

You could roast your sweet potatoes: preheat the oven to 200C/Gas 6, wash and halve them and score with a knife in a crisscross pattern. Place on baking tray and spoon over some olive oil, a bit of chopped chilli and a little honey. Cover with foil and bake for 20-30 minutes. Remove the foil, add some rosemary and cook for another 10-15 minutes until tender.

Sweet Potato and Orange Soup

3 tbsp olive oil	1 small onion, chopped
1 garlic clove, chopped	1 litre vegetable stock
400g sweet potatoes	salt and pepper
juice of 1 orange	

Place the oil, garlic and onion in a pan and cook for a few minutes until translucent. Add the peeled, chopped sweet potato and cook and stir for a further 5 minutes before adding the stock. Bring to the boil and turn down the heat to a gentle simmer. Cook until the potatoes are very tender. Remove from heat and blend. Return to the heat, add the orange juice and season to taste.

Sweet Potato and Ginger Jam

sweet potatoes	sugar
grated fresh ginger	

Peel the sweet potatoes, place in a pan with some water and boil until soft. When cooked, drain and mash. Weigh the sweet potatoes and place in a heavy-based pan with an equal amount of sugar. Place on a medium heat and bring to the boil, stirring occasionally. Add ginger to taste, reduce to a simmer and cook for at least 10 minutes. Sterilise some jam jars by boiling them in water. Pour the hot jam into the hot jam jars. Leave to cool. You could also flavour with orange zest. The more you cook the jam, the harder it will become so you can decide how thick you want your jam by stopping the cooking at that point. Will keep for a few months.

Rainbow Chard and Potato Gratin

1 bag chard	75g butter
2 tbsp plain flour	100g cheddar cheese, grated
600ml milk	600g potatoes, peeled and sliced in 1cm slices
3 garlic cloves, crushed	salt and pepper

Preheat the oven to Gas 6/ 200C. Chop the green part of the chard leaves. Then cut the stalks into short lengths and cook the stalks for 5 minutes. Add in the chopped leaves and continue to cook for a few minutes. Boil the potato slices until just tender – approximately 5 minutes. Butter a baking dish and layer with half of the potatoes, the chard and then the remaining potatoes. Heat the butter then add the crushed garlic. Stir in the flour and continue stirring for 1 minute. Add the milk bit by bit, stirring until the sauce thickens. Add half the grated cheese and season. Pour the sauce over the vegetables and top with the remaining cheese. Place on the middle shelf of the oven and bake for 25-30 minutes until golden and bubbly. You could also add red peppers and or mushrooms to the mix.

It's been a lovely sunny weekend. I put on a t shirt for the first time this summer and took Myfa to the seaside at Redcar. If the wind is in the right direction you get a lungful of fresh sea air. If its in the wrong direction you get a lungful of heaven knows what from the billowing chimneys of Teeside's steel and chemical plants. I walked the beautiful wide sandy beach and threw Myfa's stick 200 times into the sea. She's only allowed to go in up to her knees so to make it more exciting I'd throw the stick into the curve of the wave to get caught in the crash and swirl. She loved it ! It's next day, 18 hours later and she's still fast asleep. Rain back today, schools back, Olympics over, normality resumes.....

I hope you are having a good week,

Kind wishes,

Isobel

PS I have just learned that my letter and recipes have not been appearing on the backs of some of your invoices recently. I was a bit furious and am told it was printer problems. They are all online if you missed any and want to check the recipes.