

Monday 24th September 2012

Dear Customer,

The rain is back, lashing us all. It's horrible. We have Cantaloupe melons and Italia grapes from Sicily in the bags this week. We have Picasso potatoes, leeks and green kale from Ormskirk. Some of you will have Portabella mushrooms. A delicious way to eat these is to spread them with some Boursin or Laughing Cow (vache qui rit) cheese and bake in the oven until tender.

Here are some delicious, nutritious recipes you could try with this week's ingredients:

Stuffed Butternut Squash

1 large squash or 2 small
1 garlic clove, finely chopped
50g butter
75g walnut halves, lightly toasted and coarsely chopped
200g blue cheese, crumbled into lumps
2 tsp chopped thyme leaves
salt and black pepper
1 level tbsp runny honey

Preheat the oven to 190C/375F/Gas 5. Cut the squash in half lengthways and scoop out the seeds and soft fibres. Place in an ovenproof dish, put some garlic and a nut of butter in each cavity, brush with oil, season well and bake for an hour, or until very tender. Scoop the flesh and buttery, garlicky juices into a bowl leaving 1cm of flesh attached to the skin so it holds its shape. Roughly mash the flesh. Keep back a few bits of walnut and cheese and fold the rest into a mash, along with the thyme and more seasoning. Spoon back into the squash halves, scatter on the reserved cheese and nuts. Drizzle a little tiny trickle of honey on top and bake for 15 minutes, until the cheese is bubbling.

Butternut Squash, Carrot and Red Lentil Soup

2 tbsp olive oil
2 medium onions, peeled and chopped
4 carrots, peeled and chopped
1 butternut squash, peeled, deseeded and chopped
1 litre boiling water or vegetable water
2 stock cubes
60g lentils
salt and black pepper

Put the oil in a medium saucepan, measure out the olive oil and put on a medium heat. Add the chopped onion and cook, stirring, until transparent. Add the chopped carrot and squash and sauté for 3 minutes. Add the water, stock cubes, lentils and some salt and black pepper and stir. Bring to the boil, cover and simmer for about 30 minutes until the vegetables and lentils are tender. Remove from the heat, allow to cool slightly then whizz with a blender. Serve with a sprinkling of chopped parsley and wholemeal bread or warmed pitta.

Warm Kale and Potato Salad

1lb potatoes
200g kale, washed and shredded
olive oil
2 cloves garlic
pinch salt

Boil the potatoes until tender, drain and set aside to cool. Boil the kale in salted water with 1 tsp olive oil until tender, 5-8 minutes. Drain and set aside. Heat 1 tbsp olive oil in a pan over a medium, high heat. Add the garlic and cook until golden. Stir in the kale and cook for 1 minute. Slice the potatoes and add to the pan. Heat gently, season with salt and serve.

Autumn is certainly upon us – the holy trinity of Downton, Strictly and X Factor. Actually, there seems to be some reasonable drama on at the moment which makes a change. I've something on my mind so not feeling very newslettery. I'll tell you soon unless I come to an abrupt end, in which case I am leaving you one sheep each.

Hope you have a good week,

Kind wishes,

Isobel