

**Monday 6<sup>th</sup> October 2014**

Dear Customer,

We have pretty, autumnal vegetables in the bags this week. There are your favourite Purple Haze carrots and the spectacular 'oeuvre d'art' - the Romanesco cauliflower. Romanesco has a milder, sweeter, nuttier flavour than white cauliflowers and is packed with vitamin C. We will need all the vitamins we can get this autumn if Ebola is going to be heading our way. It feels like just a question of time before it disembarks at Heathrow. Autumn..... always tantalising.....always a thriller. Romanesco can be served raw, lightly cooked or cooked through. It is delicious sautéed slowly with garlic and lemon zest and punctuated by a few red pepper flakes to give it zing. It is also very good steamed and lightly seasoned with olive oil and red wine vinegar.

Here are a few tasty recipes you could try this week to take your mind off what's coming:

**Pasta with Roasted Potatoes, Carrots and Parsnips**

450g carrots	450g potatoes
450g parsnips	salt and black pepper
2 tbsp garlic salt	2 tbs paprika
2 tbsp dried mixed herbs	2 tsp sunflower oil
150g penne pasta	1 vegetable stock cube

*Preheat oven to 220C/ Gas 7. Chop the carrots, potatoes and parsnips into small pieces and put in a roasting tray. Sprinkle with salt pepper, garlic salt, paprika and dried herbs and the sunflower oil and shake from side to side to mix it up. Roast in the oven for 45 minutes, stirring from time to time to ensure even cooking. When the roasted vegetables are 20 minutes from ready, bring the pasta to the boil in water with the stock cube in it. Then drain the pasta, add to the roasting tray and serve. Goes well with garlic bread and a nice salad or steamed spring greens.*

**Romanesco Cheese**

1 Romanesco cauliflower	$\frac{3}{4}$ pint milk
1 dsrt spoon corn flour	$\frac{1}{2}$ tsp mustard
1 bay leaf	150g strong cheese (eg mature Cheddar, Stilton )

*Break the cauliflower into medium-sized florets. Cook until tender. Drain well and return to pan to keep warm. While the Romanesco is cooking, make the cheese sauce. Warm the milk in a pan, add the corn flour and whisk until combined. Add the bay leaf. Heat the sauce gently, stirring regularly until thickened. Cook gently for another 2 minutes, then add the mustard. Mix well and remove the bay leaf. Add the cheese and stir until melted. Taste the sauce and season with salt and pepper if needed. You can either serve the Romanesco on plates with the sauce poured on top or you could put in an oven-proof dish and cover with cheese sauce, plus a little extra grated cheese, and place under a pre-heated grill for 5 minutes until the cheese starts to bubble and brown*

**Parsnip and Courgette Cake**

60ml olive oil	1 free-range egg, beaten
250g light brown sugar	250ml milk with 1 tbsp vinegar added to it
1 tsp vanilla	1 tsp ground cinnamon
1 tsp bicarbonate of soda	2 small parsnips, grated
$\frac{1}{2}$ courgette, grated	325g plain flour
pinch salt	
<b>Topping:</b>	
125g caster sugar	2 tsp ground cinnamon
1 tbsp butter	

*Leave the vinegar and milk to sit for 5-10 minutes until it looks thick and slightly frothy. Combine all of the wet ingredients and brown sugar in a large bowl. Add the grated parsnips, courgette and remaining cake ingredients and mix thoroughly. **For the topping:** Combine the topping ingredients in a bowl and use your fingers to rub the butter into the cinnamon sugar until you have a crumbly texture.*

*Pour the cake batter into a grated and lined 35 x 24cm cake tin, or split between two smaller tins. Sprinkle the topping over the batter and bake in a preheated oven at 160C/ Gas 3 for 40-50 minutes, or until a skewer inserted into the middle comes out clean. Cool in the tin.*

I have no new news, sorry...just the music again.... the default. It's Sunday and I am in the studio tomorrow for the first time since France. I had decided I would not go anywhere near an instrument as I can't cope with any more new songs. But something creepy is now happening. When I sit down to write missing lyrics for songs currently being recorded, as I did this morning, instead of getting the lyrics I need, a new song kicks off and sprouts out the side. My brain has decided that I don't need to be anywhere near an instrument and that I can produce whole songs in my head, eliminating any control I have over the matter. I was allowed no thoughts on my stroll round the lake at Kiplin Hall with Myfa this afternoon, I was only allowed bass lines and roaring choruses. I sat a while and listened in as dance' hit' 'Enfants Terribles' created itself.....'yeah, not bad'. No doubt influenced by my new love of French hip hop. So anyway I now have another 6 songs swirling about in the queue to be recorded... virtual songs.

I am very sorry about the lack of reliability of the egg supply. The hens are barely laying anything at the moment and we are reluctant to sell any other than our Hen Nation, cruelty-free ones. We are having to limit the eggs now to half a dozen per order, but even then we have nowhere near enough. I do apologise that you can't rely on them.

Kind wishes,

Isobel