



Monday 7th September 2015

Dear Customer,

Welcome to autumn. Isn't it getting dark early now. I'm writing this at 8pm on Monday evening and it's almost pitch black. How our summer-less summer flew by. We have sweet Ramiro red peppers in the bags this week. They are a little warmer in flavour than the Bell peppers but without the piquant heat of chillies. They are one of the best sources of the carotenoid pigment, lycopene, and have notable levels of vitamin B6, important for brain function (I might eat one now), plus antioxidant vitamins C and A. They are delicious roasted and added to all types of salad with roasted courgette, couscous, tomatoes, toasted pine nuts etc.

In this week's haul from Rosemary Wass on the Yorkshire Moors we have peaty carrots, Marfona potatoes, Batavia lettuce, Savoy cabbage and broccoli, and in some of the bags leeks and bunches of golden beetroot.

Here are a few recipes you could try this week:

Sweet Potato and Courgette Burgers

100g courgette, grated
40g fresh breadcrumbs
2 tbs oil
1 tomato, sliced
2 tbs Parmesan, grated
50g leaves eg rocket

100g sweet potato, grated
2 chopped spring onions
4 round bread rolls
2 large free-range eggs, whisked
40g plain flour
200g beetroot relish or similar

Squeeze excess moisture from the courgette. Transfer to a bowl with sweet potato, breadcrumbs, egg, onion and Parmesan. Season to taste, mix, then shape into four even-sized patties and chill for 15 minutes. In a large non-stick frying pan, heat the oil on medium. Dust patties in flour, shaking off excess. Cook 3-4 minutes each side until golden. Drain on paper towel. Fill rolls with rocket, tomato slices and patties. Serve topped with relish.

Fried Potatoes with Savoy Cabbage, Garlic and Juniper

750g Potatoes, halved or quartered
70g butter or margarine
8 juniper berries, crushed

2 tbsp olive oil
2 cloves garlic, crushed
500g Savoy cabbage, cut into 2cm strips

Put the potatoes in a large saucepan of salted water, cover and place over a high heat. Bring to the boil, then uncover and simmer for 12-15 minutes or until just tender. Drain and cool until just warm, then cut into chunks if large. Heat the olive oil and 45g of the butter or margarine in a large frying pan over a medium-low heat. Add the potatoes, season with salt and pepper and cook for about 20 minutes, gently shaking them occasionally, until golden and crumbly. When potatoes are nearly ready, melt the rest of the butter or margarine in another large saucepan over a low heat. Add the garlic, juniper berries, cabbage, two tablespoons of water and some seasoning. Cover and cook for about 4 minutes, shaking the pan vigorously every so often. Uncover, increase the heat slightly and let the juice boil off, again, shaking the pan, until the cabbage is just tender and glossy with butter. Carefully toss the potatoes with the cabbage and serve immediately.

Fenugreek-Roasted Sweet Potato Wedges

450g sweet potatoes, cut in wedges
2 tbsp olive oil
black pepper

$\frac{3}{4}$ tsp ground fenugreek
flaky sea salt

Toss the wedges with the fenugreek and olive oil, season with salt and pepper, then spread out in a roasting tin lined with baking parchment. Place in an oven pre-heated to 180C / 350F / Gas 4 and roast for 20 minutes or until soft and golden. Serve immediately.

I was driving through Richmond the other day and a hedgehog came running off the pavement. I stopped and it ran under my car. I knew if I didn't stop, that the car behind would run it over. The man behind pulled alongside, I told him it was a hedgehog and then he started giving me a lecture about how I shouldn't stop for a hedgehog, and slam my brakes on. I didn't slam my brakes on. He had a long rant at me. In the meantime the hedgehog was curled up in a ball under the car and I had to get someone to crouch in front of the car and guide me so I could reverse without squashing it. I took it to the allotments. It reminded me of a day when I was driving somewhere with Ernest and there was a baby hedgehog on the road. I made Ernest go and pick it up but, at first he tried with his bare hands but that hurt so he picked it up with the inside of his baseball cap, carried it into a

field, got back in the car and put his cap back on. ' Don't put your hat back on Ernest for God's sake... it'll have fleas'.

Anyway, to cut a long story short, after weeks of deliberation, I have decided to shut the farm shop and café. It has been an interesting, pointless waste of time, money and effort. So we're back....and we're all yours. No running out the office to check the chip pan's not on fire. Maybe one day I might realise what the point of it was.

I hope that this finds you well and that you've had nice holidays,

Kind wishes,

Isobel