



Monday 8th February 2016

Dear Customer,

I hope this finds you well. We have a short window of calm here before Storm Imogen arrives. We've got some lovely green curly kale in the bags this week from Rosemary Wass and here are some tasty recipes you could try with it:

Kale Sauteed in Garlic and Ginger

190g brown rice	470ml water
1 tsp sesame oil	3 garlic cloves, minced
1 x 2cm piece ginger, peeled and finely sliced	1 tbsp olive oil
bunch kale, trimmed and coarsely chopped	½ bunch spring onions, or chopped onion
1 carrot, peeled and chopped in matchsticks	splash soy sauce
1 tsp honey	toasted sesame seeds to garnish

Place the rice and water in a small pan and bring to the boil over a medium heat. Reduce the heat to medium-low, cover and simmer until the water is absorbed and the rice is tender – about 40 minutes. When the pan comes off the heat, leave the cover on for 10 minutes while you cook the vegetables. Heat the oils in a large pan and fry the garlic and ginger until fragrant. Add the vegetables and toss well. When it is starting to cook, but still crisp, add the soy sauce and honey, toss everything about and remove from the heat. To serve, dish the rice into bowls and pile the veg on top, then sprinkle with the sesame seeds.

Kale, Butterbean and Orange Soup with Fried Almonds

olive oil	1 large onion, finely chopped
1 potato, peeled and finely diced	1 carrot, peeled and finely diced
½ red chilli, finely chopped	1 sprig rosemary, finely chopped
pinch cinnamon	juice and zest of 1 orange
1 litre vegetable stock, warmed	2 x 400g tins butter beans, drained and rinsed
pile of kale, woody stalks removed, finely chopped leaves	handful almonds, chopped
pinch of chilli powder	drizzle of honey

Heat a large saucepan and add a splash of olive oil. Then add the onion, potato and carrot. Cook over a low heat until the onions are glossy and tender. Stir in the garlic, chilli, rosemary, cinnamon and orange juice and zest. Cook until the orange juice reduces to a sticky glaze. Add half the stock and the beans. Let it gently bubble until the carrots are tender. Add the kale, mix and cook until bright green. Whizz in a blender until smooth, adding stock to reach the desired consistency. Season to taste and add more orange or chilli if needed. Fry the chopped nuts in a little olive oil over a medium heat until just golden. Add a pinch of salt, a hint of chilli powder and a trickle of honey, just enough to coat. Once the honey has formed a sticky glaze, remove from the pan. Scatter over each bowl of soup.

Halloumi, Kale and Lentils

1 large onion, finely chopped	1 carrot, finely diced
3 cloves garlic	200g puy or green speckled lentils
1 bay leaf	100ml red wine (stock or water if you have none)
300ml stock	splash balsamic vinegar
1-2 tbsp mustard	bunch kale
150g halloumi	fresh parsley
juice and zest of 1 lemon	

Add a splash of olive oil to a lidded pot. Cook the onion, carrot and garlic until softened. Fold the lentils and bay leaf through. Season well. Allow to sizzle for a moment, then pour in the wine. Let it bubble up for a bit then pour in the stock or water. Lower the heat and cook for 40 minutes, or until tender. Taste. Add a splash of balsamic vinegar and a little mustard. Adjust seasoning. Finely chop the kale removing woody stalks first. Fold the kale through the lentils, remove from the heat and set aside. Thinly slice the halloumi, then cut into little cubes. Fry in a little olive oil until golden. Scatter over the lentils. Finish with parsley and lemon juice and zest.

In the garage yesterday, the young manager told me he had already bought his grave plot in the local churchyard and that he wasn't going 6ft down, but 18ft down and would be buried in a Savile Row suit with a Rolex in an iron casket. He'd bought his grave 20 years ago for £300 and said that now plots were selling for over £3,000 so he had saved a fortune already and who knows what the price will be by the time he's 70, the age he expects to live to. It's February in the Dales and thoughts inevitably turn to death. Three score and ten is the life span indelibly etched into the psyche here.

Ernest came round in a state panic. "My God it's grim, you should see what's in the paper today". I asked him what and he said "no, no, you've got to read it I'll bring it round, you can read it when you go to bed". It could only be the Daily Mail. "It's bloody serious" he kept saying. "It's bloody serious". Then he started telling me what he'd read and went into a complete meltdown, holding his head in his hands. My regret is that I didn't start videoing him earlier, it was classic cinema. When I realised he wasn't going stop, I raised my Blackberry in the air, pretended to read emails and hit 'record'. He went on..... "..... I just thank God I'm not going to live to see it and that I'm an ugly b***** who noone would ever have married so I haven't got any children who will have to live in it.....". I was hysterical with laughter but it didn't deter him. "You might think it's funny" he said "but it's bloody serious". I was just rolling about. He finished on the 'good news' - drinking three cups of tea a day reduces brittle bone disease.

Since I've known Ernest, he too has always said the same – 'three score and ten – that'll do me'. On interrogation he'd always insist that's all he was prepared to live for - not a day longer. It's creeping up, I told him, he only had four years left now and asked him if he had a calendar up and was striking off the days. I told him not to worry and that the Daily Mail would finish him off by his cut-off date. This is what the lack of sun does – the endless variations of miserable weather. We're an island for heaven's sake. Can't we get some tugs and drag Britain through the Bay of Biscay, round Spain and download it into that little gap between Corsica and Menorca.

I must admit, I am feeling very run down myself and definitely feeling the effects of lack of vitamin D. I've got toothache. Our immune systems need the sun.

I apologised in advance for what I was about to send to the publisher, I sent it, and followed up next day with a further apology. So that's good isn't it !

I think Imogen's arriving. It's gone dark and is starting to howl.

Kind wishes,

Isobel