



Monday 16th May 2016

Dear Customer,

I hope this finds you well. Weather report from Richmond – both hot and freezing at the same time – perfect weather for chesty colds to thrive said a doctor who was in the deli. We have the first new potatoes in the bags this week – English Charlotte.

Here are some quick and tasty recipes you could try with this week's ingredients:

Zesty Broccoli and Courgette Pasta

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| 2 courgettes, trimmed | 200g broccoli |
| 450g spaghetti | 6 tbsp olive oil |
| 25g walnut pieces, roughly chopped | zest of one lemon |
| pinch dried chilli flakes | salt and pepper |
| 4 tbsp Parmesan grated or alternative | |

Coarsely grate the courgettes then place them in a clean tea towel and squeeze dry. Meanwhile, wash and trim the broccoli and cut into pieces including leaves. Heat the oil in a frying pan, add the courgettes and fry for 7 minutes on a medium heat. Stir occasionally. Add in the broccoli, chilli flakes, walnuts and lemon zest and continue to cook for a further three minutes. Season with salt and stir. In the meantime, Cook the pasta in a large saucepan to 'al dente' according to packet instructions. Drain in a colander then add the spaghetti to the frying pan and toss all together on a medium heat for 30 seconds. Serve immediately with grated cheese or alternative.

Greek Courgette, Tomato and Potato Bake (Briam)

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| 800g potatoes, sliced into 3mm rounds | 3 courgettes |
| 3 onions, sliced into 3mm rounds | 400g tin chopped tomatoes |
| 100ml olive oil | 1 tbsp chopped parsley |
| salt and black pepper | |

Preheat oven to 200C/ 180C Fan/ Gas 4. In a large baking tin 22cm x 33cm . Place the potatoes, courgettes and onions in the baking dish. Pour over the chopped tomatoes and olive oil and sprinkle with parsley. Add salt and pepper to taste. Toss the ingredients together so that the vegetables are evenly coated. Add a little water. Bake in a preheated oven for 90 minutes checking after one hour to stir the veg and add a little more water if necessary. There should be no water left at the end. Add more seasoning if necessary, leave to cool a little then serve.

Carrot and Courgette Soup

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| 225g carrots, peeled and sliced | 225g courgettes, trimmed and sliced |
| 600ml stock | 50g butter or margarine |
| 1 bay leaf | 1 tbsp tomato puree |
| 1 tbs sugar | 1 tsp fresh coriander |
| salt and pepper to taste | |

Melt the butter or margarine in saucepan, add the carrots and courgettes, cover and cook on a low heat for 10 minutes until the vegetables begin to soften. Add the stock, bay leaf, tomato puree, sugar and coriander to the saucepan. Simmer for 30 minutes. Remove the bay leaf and puree the soup in a blender or with a handheld mixer. Season with salt and pepper to taste.

Carrot and Tomato Couscous

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| 1 onion, sliced | 5 large carrots, sliced |
| 400g tin chopped tomatoes | tin sweetcorn |
| 1 tsp cumin seeds | 1 tsp coriander seeds |
| 1 tsp cinnamon | 1 tbsp vegetable oil |
| 1 tbsp white wine vinegar | 4 tbsp natural yoghurt |
| 250g couscous | 20g raisins |
| 400ml boiling water |add any other chopped up veg of your choice |

Put the onion and carrots in a roasting dish, sprinkle over the spices, oil and vinegar and roast in a preheated oven, 180C/ 350F/ Gas 4, for 20 minutes. Add the tin of tomatoes and cook for a further 10 minutes. Meanwhile boil a kettle, put the couscous and raisins in a Pyrex dish and pour over the water (according to packet instructions). Cover and leave. Remove the vegetables from the oven and stir in the sweetcorn. Use a fork to fluff up the couscous then divide into the bowls topped with the veg and natural yoghurt.

Things are hotting up now for the referendum. This is the most exciting time.....ever. That Christine Lagarde, Mark Carney, Merkel, Hollande, President Obama, Hilary Clinton, Xi Jinping, Shinzo Abe, Pope Francis and every other President, Prime Minister, eminent person or organisation of any description in the whole world is telling us to stay in, is only boosting the Leave Campaign which now appears to be two points ahead. One wonders who Cameron and the Remain campaign have waiting in the wings, dead or alive. Churchill and Thatcher would have 'apparently' voted to remain. We don't know yet what Cromwell, Julius Caesar, Queen Victoria or Isaac Newton would have voted but I'm sure we will..... to remain no doubt. Why are they all so bothered about what we do. I guess because it would be the beginning of the end of the European Union ...as we know it anyway.

On Saturday Boris Johnson made a promise to my friend Liz, which was recorded – that if we leave the EU, live exports will be banned. When I was little and going abroad for our summer holidays, at Dover port the caravans were always made to queue and board with the lorries. Dozens of lorries of tiny calves headed for the veal crates, and baby lambs, all crying. It broke my heart then and it breaks my heart now. If I was granted one wish, it's the same wish today as it was back then - an end to live export.

Kind wishes,

Isobel