



**Monday 4<sup>th</sup> July 2016**

Dear Customer,

I hope this finds you well. I barely noticed us slip into July – too preoccupied I guess. How the time flies. I just walked down the lane to pick some dandelion leaves for the guinea pigs and it feels quite autumnal, but with April showers. An ongoing cold wind and sequentially - sun then cloud then heavy bursts of rain. The countryside and our gardens are as ever way ahead of our new season crops. Broad beans and lettuces are always the first to come so we are maxing out on them at the moment.

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

**Grilled Courgette, Tomato and Bean Salad**

200g cooked broad beans  
2 courgettes  
salt and pepper

250g cherry tomatoes  
50ml olive oil

**Dressing:**

1 bunch basil leaves, roughly chopped  
pinch salt

½ clove garlic, crushed  
100ml olive oil

*Slice the courgettes into thin ribbons. Coat them with olive oil and grill them for 2 minutes on either side. Meanwhile, oven-roast the cherry tomatoes in a little olive oil for 10 minutes on 140C/ Gas 1. Blend the dressing ingredients together in a food processor. Mix the cooked beans, courgettes and tomatoes together in a large bowl and add the basil dressing. Season to taste.*

**Mushroom and Tomato Pasta**

300g pasta  
5 cloves garlic  
250g mushrooms  
1 tsp paprika  
½ lemon, a squeeze from

250g cherry tomatoes  
1 tsp chilli flakes  
3 heaped tbsp. tomato puree  
2 tsp miso paste

*Chop the tomatoes into quarters and slice the mushrooms. Start cooking the pasta according to packet instructions. Peel the garlic and crush it into a pan with some olive oil, salt and pepper. Heat this for a few minutes until bubbling. Then add the tomatoes, mushrooms, chilli and paprika. Let this cook for about 5 minutes, until it's all soft. Stir in the tomato and miso. Once the pasta has cooked and been drained, stir the sauce into the pasta and season with salt, black pepper and a squeeze of lemon juice.*

**Creamy Ginger Cabbage**

2 tbsp butter or margarine  
2 cloves garlic, minced  
1 medium cabbage, cored and thinly sliced  
salt and pepper

1 medium onion, finely chopped  
1 heaped tbsp fresh ginger, grated  
200ml double cream

*In a large pan, heat the butter or margarine over a medium heat until it is melted. Stir in the onion and garlic and cook for about 5 minutes, until softened. Stir in the ginger and cook for about a minute. Then add the cabbage, stirring well to coat it with the butter and other flavours. Cook, stirring occasionally, for about 15-20 minutes until the cabbage is soft and caramelised. Turn the heat down to low and stir in the cream, making sure to scrape any brown bits up from the pan bottom. Cover and continue to cook over a low heat for about 10 minutes. Uncover, add salt and pepper to taste. Then cook for a few minutes more to let some of the liquid evaporate.*

**Courgette and Broad Bean Tortilla**

2 tbsp olive oil  
1 small onion, finely sliced  
100g podded broad beans  
2 tbsp mayonnaise  
1 tsp harissa paste

350g new potatoes, scrubbed and thinly sliced  
150g courgettes, trimmed and thinly sliced  
6 free-range eggs  
2 cloves garlic

*Heat the oil in a large frying pan and add the potatoes, onion and seasoning. Cook over a medium heat for 6-7 minutes, turning the potato slices to allow them to cook through. When the potatoes are tender, push to the side of the pan, add the courgettes then turn up the heat and cook for a couple of minutes, turning once, until golden. Add the broad beans and toss together to coat in the oil. Beat the eggs in a bowl with some seasoning then add the hot vegetables from the pan and mix thoroughly. Heat the remaining oil in a 20cm frying pan until hot and pour the egg mixture in. Stir with a fork, lifting the middle of the tortilla to let the runny egg down into the base. Cook over a medium heat for 3-4 minutes until the tortilla is just set and the base is golden. Place a large dining plate over the pan and invert to tip the tortilla onto a plate, cooked side up. Slide the tortilla back into the pan to cook the other side until it is all golden and cooked through. Turn onto a plate. Crush the garlic and mix with the mayonnaise and harissa paste and serve with the sliced tortilla and a green salad.*

Kind wishes,

Isobel