



Monday 13th August 2018

Dear Customer,

I hope this finds you well. I don't know how it is with you but up here it is looking more like the usual English summer. Temperatures have plummeted, it's cloudy and rainy with the sun struggling in vain to try and break through. The growers are thankful at least. We have the first sweetcorn of the season in the bags. It is rich in nutrients including the antioxidants beta-carotene and lutein. It also contains B vitamins, vitamin C, magnesium and potassium. Instead of boiling it you could try baking it. Heat the oven to 200C/ 180C fan/ Gas 6. Mash 50g butter or margarine with a crushed garlic clove and some chopped parsley. Put each cob on a piece of foil topped with the butter, seal the edges and bake for 30-35 minutes until tender.

Here are a few other tasty recipes you could try this week:

Warm Broccoli and Red Pepper Salad

2 tbsp sesame oil	red pepper, finely sliced
180g broccoli, in small florets	1 clove garlic, crushed
2 tbsp soy sauce	½ tsp chilli sauce
1 tsp honey	½ tsp grated root ginger
1 tsp sesame seeds	

Heat half the oil in a frying pan or wok, stir-fry the peppers and broccoli for 5 minutes or until the peppers are tinged golden and are slightly soft. Add the remaining ingredients apart from the rest of the oil and the sesame seeds and stir-fry for a couple of minutes more. Spoon the mixture onto a plate and drizzle over the remaining oil and sprinkle with the sesame seeds.

Indonesian Aubergine and Tofu Satay

½ onion	1 garlic clove
1 chilli	40g peanut butter
100ml coconut milk	1 lime
head of broccoli	1 aubergine
1 red pepper	190g marinated tofu
1 tbsp Thai green curry paste	

Finely chop the onion, peel and crush the garlic and halve, deseed and finely chop the chilli. War, a small pan over a low heat and add the onion, garlic chilli with 2 tbsp of water and a pinch of salt. Gently cook for 5 minutes until the onion is softened. Meanwhile put the peanut butter in a bowl and stir in 2 tbsp boiling water until you have a smooth, loose mixture. Add 100ml coconut milk and stir to mix. Pour the peanut sauce into the pan with the onion, turn up the heat a bit and cover. Bring to the boil then reduce the heat to a simmer for 5-6 minutes, stirring occasionally until it thickens. Take off the heat, squeeze in the juice from the lime, set aside with the lid on to keep it warm. This is your satay sauce. While the sauce simmers break the broccoli into florets and chop the stalk. Blitz in a food processor to make 'rice'. Or you can coarsely grate it or finely chop it and set aside. Chop the aubergine and pepper into 1cm chunks. Drain the tofu and chop it into similar-sized cubes. Tip the broccoli rice into a pan and add 3 tbsp water to cover. Set over a medium heat for 8 minutes until warmed through. Meanwhile warm 2 tbsp olive oil in a frying pan. Add the aubergine, pepper and tofu. Fry for 8 minutes, stirring often, until the vegetables have started to soften. Add 1 tbsp Thai green curry paste and cook and stir for 2-3 minutes, until the vegetables are tender. Drain the broccoli rice and serve topped with the vegetables and satay sauce. You could also in addition cook some normal white rice.

Simple Broccoli, Cheese and Potato Bake

4 tbsp cornflour	600ml milk
220g grated cheese	420g broccoli, chopped
450g potatoes	

For the sauce, stir the cornflour into a little milk and gradually add the rest of the milk and put on a medium heat. Stir continuously until thickened. Add the butter and stir until melted. Add the cheese and again stir until melted. Season with salt and pepper to taste. Cook the broccoli in a pan of boiling water until tender. Cut the potatoes into ¼ " slices, cook until tender in boiling water. Grease a gratin dish and line with the potatoes. Add the broccoli, and layer up with potatoes, then broccoli depending on the dish-size. Cover with the cheese sauce and sprinkling of more cheese. Bake at 180C/ Gas 4 until golden.

It was my birthday on Saturday, yet again. To celebrate I dug out some nail scissors and cut my fringe enabling me to see out for the first time in a while, all the better to see the shortening road ahead. Well sort of see. When I last had my eyes tested, about 15 years ago I was told that in due course I would need bi-focal glasses. I think that time has come and gone and I squint on using only the £1.50 glasses from the Pound store for reading. I'll string it out as long as I can.

I never had birthday parties with friends gathered and presents. As a child we were always settled into a campsite by mid-august, somewhere in France, Spain or Italy, somewhere hot and sandy and next to the sea. It would be poulet roti and frites and a bag of deliciously greasy hot beignets dipped in sugar and a one-peseta orange lolly. I felt hard done by not having jelly and blancmange with my friends and gifts of bath cubes and pale blue eye shadow. But of course now I yearn for those long, hot nomadic summers.

I went into the Dales with Lainey and we had a fabulous walk. Everything is new to her, everything is fascinating. We had a bowl of soup in the tea room in Muker. There were some children in there and she is transfixed by them. She never sees any in Richmond as there aren't any. She is quite a spooky dog. She had never swum before only paddled. She walked into the river and carried on walking until she was out of her depth and then started swimming gracefully with her chin just touching the top of the water, swimming in circles using her tail as a rudder as if she had been swimming all her life. I remember Daisy my golden retriever's first swim in the Docklands. What a mess, her mouth wide open half under the water, seaweed on her head. There is something strange about Lainey. When I first put her harness and lead on when she was about 10 weeks old, there was no resistance, struggling or biting. I put them on her and she just trotted off with me.

I hope you have a good week and enjoy these last summer days,

Kind wishes,

Isobel