



Monday 19th November 2018

Dear Customer,

I hope this finds you well. Still satisfied with the weather up here for the time being - beautiful sunsets, silvery mists and glorious, small patches of turquoise sky. The endless wet and grey has yet to descend upon us, as has a freeze. I locked Lainey in the house while I planted all the tulip and crocus bulbs, she howled at me through the window, but they are in. I am ready for spring, but we still have to get through winter. I've been getting quotes to bulk buy sheep nuts. I am getting 4 tons delivered this week in the knowledge that there's barely any hay on the market after the hot summer and a bad winter could see feed supplies run dry.

But back to the bags, we have parsnips and cauliflowers in the bags this week and here are a few tasty recipes you could try:

Maple Roasted Parsnips and Cauliflower

oil for roasting *1 cauliflower, in florets, with the leaves*
parsnips, sliced into long pieces *3 tbsp maple syrup*
handful flatleaf parsley, chopped

Heat the oven to 200C/ 180C Fan/ Gas 6. Put a good glug of oil in a large roasting tin. Add the cauliflower and parsnips, season with salt and pepper and toss to coat the vegetables in oil. Roast for 30-35 minutes until starting to brown. Remove the veg from the oven. Drizzle with the maple syrup, toss to coat and sprinkle with a little more salt. Return to the oven for 15 minutes until golden and cooked through. Serve scattered with the parsley.

Curry-Spiced Potatoes and Parsnips

5-600g potatoes *4-500g parsnips*
3 tbsp sunflower oil
1 garlic clove, peeled and very finely chopped

Curry Spice Mix

1 tbsp coriander seeds *half a dozen black peppercorns*
½ tsp dried chilli flakes *1 tsp ground fenugreek*
1 tsp ground turmeric *¼ tsp fine sea salt*

Heat the oven to 200C/ 390F/ Gas 6. Put the coriander seeds and black peppercorns in a dry frying pan and toast over a gentle heat for a few minutes until fragrant. Tip into a pestle and mortar and leave to cool. Add the chilli flakes, then crush all to a coarse powder and mix with the fenugreek, turmeric and salt. Peel the potatoes and cut into 3-4cm chunks. Boil in a saucepan of hot water for one minute only, then take off the heat and drain well. Peel the parsnips, cut into similar sized chunks and add to the potatoes. Pour the oil into a large, shallow roasting dish and heat in the oven for five minutes. Tip the potatoes and parsnips into the hot oil, add the spice mix and toss so the veg get a good coating of spice. Roast for 40 minutes, giving them a stir halfway through, or until golden and crisp. Stir in the garlic and return to the oven for two to three minutes. Serve straight away, with plain yoghurt and/ or perhaps mango chutney.

Caramelised Cauliflower Soup

1 cauliflower *olive oil*
½ tsp fresh grated nutmeg *salt and black pepper*
For the Broth:
2 tsp olive oil *1 small onion, chopped*
1 garlic clove, chopped *750ml vegetable stock*
1 tsp dried thyme *1 tbsp white balsamic vinegar*
Topping:
1 tsp olive oil *50g bread, torn into 2.5cm pieces*
thyme leaves *60g hazelnuts, toasted and chopped*

Preheat the oven to 220C/ 450F/ Gas 8. Cut the cauliflower into florets and spread on a rimmed baking sheet. Drizzle with olive oil, sprinkle with fresh nutmeg and a good pinch of salt and pepper, and toss everything to coat. Bake for 35-45 minutes, tossing halfway through, until the florets are fully roasted and browning. Remove and cool. While the cauliflower roasts, start the broth. Heat the oil in a saucepan and saute the onion and garlic for about 5 minutes to soften. Add the stock, thyme and vinegar and warm through. When the cauliflower is cool to touch, add it to the broth and blend until smooth. Season to taste. Return to the pan to keep warm. For the croutons, heat the remaining oil in a small pan, add the torn bread and a pinch of ground pepper and stir for 5-8 minutes, until crisp with browned edges. Serve the soup with croutons, chopped hazelnuts, a pinch of thyme leaves.

How I used to complain about politics, how nothing ever changed - 2p on a pint of beer, 5p on cigarettes, fuel duty frozen – that was as exciting as it got – decade after decade. It was safe. Now politics is so dramatic it's making us ill. There's a new condition sweeping the nation, and it's even usurping recycling OCD in its prevalence - BTSD – Brexit Traumatic Stress Disorder. Characterised by a sense of hopelessness, fear, anxiety and imprisonment, there's no remedy. It just goes on and on forever and ever and ever and ever and ever.

As we sit huddled round our radio sets on the 29th March, cupboards crammed full of beans, pasta and tinned tomatoes, I can hear it now.....

“This morning the British Prime Minister in Strasbourg handed the EU President a final Note stating that, unless they agreed to letting us have all our cake and eating it, by 11 o'clock, that a state of war would exist between Great Britain and Great Britain.

I have to tell you now that no such undertaking has been received, and that consequently this country is now at war, and that we are setting off for the cliff.....we should be there in about an hour.may God bless you all”

Kind wishes,

Isobel