



Monday 6th May 2019

Dear Customer,

It's still cold, wet and miserable up here. All in all, mashed swede weather, which is quite handy as they are in the bags this week. They are rich vitamins A and C and a good source of iron, calcium and potassium. We also have spring greens full of vitamin C and vitamin K.

Here are a few tasty recipes you could try:

White Bean and Spring Green Patties

bunch of spring greens, washed
20g butter or margarine
50g dry breadcrumbs
1 Hen Nation egg, beaten
1 onion, finely diced
400g tin cannellini beans, rinsed
1 heaped tsp wholegrain mustard
sunflower oil for frying

Blanch the spring greens in boiling salted water until tender then drain and leave to drip dry. Cook the onion until tender in a pan in some oil and butter or margarine. Meanwhile mash the cannellini beans with a fork. Squeeze any excess moisture from the greens then roughly chop and add to the beans along with the breadcrumbs, onion, mustard and egg. Taste and season. Shape into 8 evenly sized patties and chill for 15 minutes. When you are ready to cook them, heat a splash of vegetable oil in a large frying pan and shallow-fry for 5-6 minutes on each side until golden brown and heated through.

Spring Green Casserole

2 tbsp olive oil
100g carrots, in chunks
2 cloves garlic finely chopped
150g spring greens shredded
pesto and garlic bread, optional to serve
1 onion, sliced
1 small swede, peeled and diced
500g vegetable stock
400g tin borlotti beans, drained

Preheat the oven to 200C/ Gas 6. Heat the oil in a large pan and add the onion, carrots, swede and garlic. Cook over a low heat for 10 minutes until starting to soften and golden. Add the stock, season and bring to the boil. Cover and simmer for 10-15 minutes until the vegetables are tender. Add the drained beans and shredded spring greens then cover the pan and simmer for 5 minutes, or until the spring greens are tender. Stir in two tablespoons of pesto if using and serve with garlic bread.

Spaghetti with Garlicky Spring Greens

2 cloves garlic
1 head spring greens
olive oil
cheese, optional
1 fresh red chilli
400g spaghetti
1 lemon

Finely chop the garlic, deseed and finely chop the red chilli and finely slice the spring greens. Cook the spaghetti in boiling water according to packet instructions. Meanwhile, heat a dash of oil in a frying pan. Add the garlic and chilli and fry for a minute or so until the garlic is starting to colour. Add the spring greens and cook, stirring occasionally for 3-4 minutes or until the leaves have wilted. Finely grate over the lemon zest. Drain the pasta and add it to the pan with a splash of the water it was cooked in. Squeeze over the lemon juice and serve with a drizzle of olive oil, and the grated cheese if using.

Baked Swede and Onion

1 swede
1 rosemary sprig, leaves finely chopped
50g butter or margarine
2 garlic cloves, thinly sliced
250ml vegetable stock
2 tbsp olive oil
6 thyme sprigs
3 onions, thinly sliced
2 bay leaves
¼ whole nutmeg, freshly grated

Preheat the oven to 200°C / Gas 6. Peel the swede and cut into 2-3cm cubes. Put it in a roasting tin with the oil. Add the chopped rosemary and leaves from 2 thyme sprigs plus salt and plenty of black pepper, then toss together well. Cook in the oven for 45 minutes, stirring a couple of times, until soft and tinged with gold in places. Meanwhile, melt the butter or margarine in a large saucepan. Add the onions, garlic, bay leaves, leaves from 2 more thyme sprigs and a generous pinch of salt. Cook over a medium heat stirring often for 20 minutes until the onions are soft and golden. Stir the onions into the swede. Add the stock, a good grating of nutmeg, a pinch of salt and a generous grind of black pepper. Scatter the remaining thyme leaves over the top and return to the oven for 30-40 minutes, until the stock has become thick and syrupy. Remove from the oven, taste and adjust the seasoning. Leave to stand for 5 minutes before serving.

Please God, save us from an ever-multiplying Fiona Bruce. The BBC must adore her..... the 'people's presenter'. But do we ?

She's already ruined the Antiques Road Show. It never used to have a presenter, now instead of seeing interesting people with interesting objects and finding out their history, and price, it's been reformatted so she can monopolise it. As if that's not bad enough she then ruins Question Time.... her faux gravitas..... talking over people.

The other night I saw there was a programme about the life of Leonardo da Vinci on BBC4 which was very encouraging, until I saw it was being presented by Fiona Bruce...so that was out. Who was presenting the news....Fiona Bruce. I'd been cornered. Disappointed that I couldn't watch Leonardo I thought I could at least watch the programme about Picasso. I switched that on, straight into bullfighting. I switched it off. I switched it back on 10 minutes later and they were still bullfighting and I kept hitting the wrong buttons in panic trying to switch it off. I saw enough to make me feel sick and haunted for the rest of the night.

I do apologise for being so horrible about Fiona Bruce. But she's ruined some of my favourite TV shows. All part of the great British dumbing down.

As you can see, nothing much going on here, just recovering from a bad migraine.

Kind wishes,

Isobel