



Monday 22th July 2019

Dear Customer,

I hope this finds you well. We have tasty mangetout in the bags this week. They can be served raw in salads or steamed or stir-fried. You could fry them with some garlic then serve with chopped fresh mint.

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

Mangetout, Lentil and New Potato Salad

<i>600g new potatoes, cooked and quartered</i>	<i>250g tinned green lentils, drained</i>
<i>120g mangetout, shredded</i>	<i>1½ tbsp fresh parsley, chopped</i>
<i>2 tbs olive oil</i>	<i>1 tbsp red wine vinegar</i>
<i>½ tbsp wholegrain mustard</i>	<i>1 clove garlic, crushed</i>

Put the lentils, potatoes, mangetout and fresh parsley in a salad bowl. Mix together the vinaigrette ingredients. Spoon the salad onto the plate and drizzle over the vinaigrette.

Pappardelle with Cavolo Nero and Orange

<i>400g pappardelle or other pasta</i>	<i>bunch cavolo nero</i>
<i>40g hazelnuts</i>	<i>5 tbsp olive oil</i>
<i>3 cloves garlic, finely sliced</i>	<i>1 red chilli, deseeded and chopped</i>
<i>zest of ½ orange</i>	<i>20g flat leaf parsley</i>

Cook the pasta to al dente. Meanwhile remove the tough ribs from the cavolo nero. Cook the leaves in a pan of boiling water for 7 minutes, drain, squeeze out any excess water and roughly chop. Toast the hazelnuts with a tablespoon of oil in a frying pan until golden. Tip into a bowl along with the oil from the pan. When the pasta has 4 minutes of cooking time left heat the rest of the oil gently and add the garlic and chilli and cook until the garlic is pale golden. Add the orange zest and cavolo nero, season well and heat through. Drain the pasta, return it to its pan and add the hazelnuts with the oil and the contents of the frying pan along with more seasoning and the parsley. Serve with a grating of cheese if desired.

Aubergine and Romano Pepper Pasta Bake

<i>1 aubergine, diced</i>	<i>1 small onion, peeled and chopped</i>
<i>3 cloves garlic</i>	<i>3 tbsp olive oil</i>
<i>2 Romano peppers, deseeded and chopped</i>	<i>2 tomatoes, chopped</i>
<i>1 tbsp sun-dried tomatoes, roughly chopped</i>	<i>250g penne pasta</i>
<i>2 slices bread</i>	<i>50g Cheddar, or alternative</i>
<i>3 tbsp fresh mint, chopped</i>	<i>75g black olives, pitted</i>

Heat the oven to 220C/ 425F/ Gas 7. Toss the aubergines, onion, garlic and peppers with the oil and season with salt and pepper. Roast for 30 minutes until tender. Add the tomatoes and sun-dried tomatoes then season again. Cook the pasta. Place the bread in a food processor and whizz to make breadcrumbs. Add the cheese and whizz again. When the roasted vegetables and pasta are cooked mix them together. Transfer to an ovenware dish. Sprinkle the top with the cheese breadcrumbs and bake for 10-15 minutes or until the top is golden. Serve garnished with fresh mint and black olives.

When I come down in the mornings, there's always a gaggle of blackbirds waiting at the kitchen door. They open and close their beaks like chicks, 'breakfast please'. One hopped straight into the kitchen yesterday. Then the wood pigeons arrive. I scatter food for them on the gravel which surrounds the pond and they peck about there much of the day. Very occasionally there might be a thrush or a sparrow, but these are rare. I see a few finches and once in a blue moon there's a woodpecker chipping at the pine tree. The garden is in full bloom, it looks beautiful, but as important, it sounds beautiful. I think it is the most glorious soundtrack of our existence on earth. Without birdsong it would seem dead. But as we all know, that song is dying.

I watched the new President of the EU, Ursula von der Leyen, spell out her vision for Europe, her green vision to become carbon neutral by 2050. Fantastic. I hope she will also consider the little things, like the hundreds of millions of birds killed on the Mediterranean migration routes each year.

Weak and vulnerable after crossing continents, braving storms, barren deserts and the wide-open sea they are indiscriminately shot out of the sky, trapped in glue, invisible nets, or poisoned to death. Nearly three million songbirds are vacuumed out of the olive trees each year in Andalucia alone – British birds like robins, greenfinches, warblers and wagtails being among the highest casualties. It happens during the nocturnal olive harvest. The birds, seeking refuge during winter months in the Mediterranean basin roost in the olive trees just as the harvest machines start to strip the trees of their fruit. The light of the machines dazzle and disorientate the birds and they are sucked into the machines. This is happening across the Mediterranean. If they harvested during the day this would not happen.

In Cyprus, tree branches are smeared in glue to trap landing birds, like the tiny swallows, the size of matchboxes, who alight to rest and feed having nearly completed their 3 month, 6000 mile journeys. In France there are 1.3 million hunters, it is estimated they kill more than 25 million birds annually. In Italy about 17 million. Egypt is one of the most dangerous hotspots for migrating birds. August is when the killing starts in earnest, it marks the start of the annual migration of birds from their

European breeding areas to their wintering grounds in Africa. They fly across the Eastern Mediterranean towards Egypt where they will land on the coast along which hundreds of kilometres of trappers nets have been spanned to create unbroken walls of death on the sand dunes. One marine biologist estimated that 140 million birds are killed there each year. Meanwhile here in the UK, Natural England have been issuing licences to kill more than 70 species of bird or have their nests and eggs destroyed including barn owls, blue tits, robins, linnets, red kites and blackbirds. Licences are usually issued to farmers.
One day there will be nothing left to kill.

I hope you have a good week,

Kind wishes,

Isobel