

## Monday 20th August 2012

Dear Customer,

This is just a quickie ! Innumerable problems this Monday morning - vans breaking down, Ernest finding a sheep with a willie\* in with the ewes, internet down and so on.....

We have lots of produce from Royal Oak farm this week - their Golden Globe beetroot, broad beans, rhubarb, lolla rosso and little gem lettuces and their mixed courgettes. Not to mention their Shimonita onions ! These look like little men with puffy leaves. They also look a bit like spring onions. You can chop these into salads or sauté them in a little olive oil or butter - delicious. The potatoes in the bags are Nicola from Jonnie Watson along with his spinach. Here are a few recipe ideas you could try with this week's ingredients:

### **Beetroot Risotto with Spinach**

1½ litres vegetable stock  
3 tbsp olive oil or butter  
1 medium onion, diced (try a Shimonita !)  
350g Arborio rice  
120ml white wine  
2 tbsp chopped fresh parsley (or 1 dried)  
2 tbsp chopped fresh basil (or 1 tbsp dried)  
2-3 medium golden beetroot, peeled and grated  
2-3 handfuls spinach (or kale or chard), finely chopped  
salt and pepper to taste  
grated peel and juice of 1 lemon  
freshly grated Parmesan cheese to serve (optional)

Bring the stock to a simmer. Heat the butter in a separate wide pan over a medium heat; add the onion and sauté for 3 minutes. Add the rice, stir to coat well and cook for 1 minute. Add the wine and simmer until it's absorbed, then stir in the parsley, basil and the beetroot. Add the 500ml stock, cover and simmer until the stock is absorbed. Begin adding the remaining stock a ladle at a time, stirring constantly until each addition is absorbed before adding the next, until the rice is tender. Before the last ladle, add the greens, season with salt and pepper, then stir in the lemon peel and juice. Top with Parmesan.

### **Beetroot and Rhubarb Salad**

500g beetroot  
200g rhubarb, cut on an angle into 2.5cm pieces  
30g caster sugar  
1½ tsp sherry vinegar  
2 tbsp maple syrup  
1 small onion, thinly sliced (try a Shimonita)  
¼ tsp ground allspice  
1½ tbsp olive oil  
15g parsley leaves  
75g blue cheese, in small chunks  
salt and pepper

Set the oven to 200C/400F/Gas 6. Wrap the beetroots individually in foil and bake for 40-70 minutes, depending on size. To check, push a sharp knife through to the centre of each one - it should be soft all the way through. Set aside to cool, then peel and cut into a rough 2cm dice. Toss the rhubarb with the sugar, spread it over a foil-lined oven tray and roast for 10-12 minutes, until soft but not mushy. Set aside to cool. In a large bowl, whisk the vinegar, maple syrup, spice and some salt and pepper. Add the onion, set aside for a few minutes to soften, then add the parsley and beets. Stir in to combine, season to taste and, just before serving, gently fold in the rhubarb, its juices and the cheese. Weird ? Yes. Delicious ? Yes.

I'm trying to fill the page with less - using a bigger font and just one column for recipe ingredients instead of two etc. It seems to be doing the trick.

If you are in London please spare a thought for us miserable souls in the North under a black sky still waiting for summer. I nearly drove down to Ipswich for the day yesterday just to feel a couple of hours of it. Be it wellies or flipflops, I hope you have a good week. Off to sort problems.....

Kind wishes,

Isobel

\* excuse me