

**Monday 17th September 2012**

Dear Customer.

So what's in the bags this week ! We've got the first leeks of the season from Ormskirk and their red kale, carrots and broccoli. We have their broad beans and Andrew Ward's sweetcorn and Portabella mushrooms in some of the bags. We have the giant Asian radish, from Ormskirkistan - mooli. They are also called 'little gingseng' in China where their health benefits are reputed. There is a saying there that when moolis come on the market, noone goes to the chemist. They are high in vitamin C, carotene, folate, B vitamins, vitamin K, magnesium, calcium, iron, phosphorus, copper and zinc. Why bother mining. They are supposed to contain properties which are beneficial to the symptoms of flu, coughs, fever and respiratory problems – they aid digestion, they dissolve phlegm, reinforce energy and help sober you up, ease sore joints, improve blood circulation, treat headaches, digestive problems, constipation, nausea, gallbladder stones and freshen breath. Lemsip or a mooli ? But how do we eat it ! You could grate it raw into your salad or cut into batons and dip in houmous. You could add to a stir-fry, curry, soup or stew. Kale also happens to be one of the healthiest vegetables on the planet – full of vitamin A, vitamin B6, vitamin k and calcium. It can be eaten raw in salads, steamed, sautéed, boiled, braised or baked. So all in all, a pre-bug season vitamin-bursting bag.

**Gwyneth Paltrow's Healthy Fried Rice ( she wouldn't !)**

|   |   |
|---|---|
| 225g Kale, stems discarded                      | 1½ tbsp vegetable oil                       |
| 2 cloves garlic, peeled and very finely chopped | 3 spring onions, cut in 3mm diagonal slices |
| 175g brown rice, cooked                         | 1½ tbsp soy sauce                           |

Finely chop the kale into ribbons. Steam the kale for 7 minutes. Meanwhile heat the vegetable oil in a large saucepan over medium-low heat. Add the garlic and cook, stirring, for 2 minutes, being careful not to brown the garlic. Raise the heat to medium and add the steamed kale and the spring onions. Cook for 2 minutes then add the rice and cook for another 2 minutes, stirring. Add the soy sauce and cook for 30 seconds more.

**Mooli and Carrot Salad**

|                                    |                              |
|------------------------------------|------------------------------|
| 250g mooli, peeled and grated      | 2 carrots, peeled and grated |
| 4 tbsp rice wine vinegar           | 1 pinch salt                 |
| 1 tsp sesame seeds, white or black |                              |

Soak the grated mooli and carrot in cold water for 15 minutes or so. Drain and season well and dress with the vinegar topped with sprinkling of sesame seeds.

**Burmese-style Mooli and Potato Curry**

|   |   |
|---|---|
| 1 large mooli, peeled and sliced into semicircles | 2 large potatoes, cut into small cubes and par-boiled |
| 1 large onion, finely sliced                      | 3 cloves garlic, finely chopped                       |
| piece of ginger 1cm, peeled and finely chopped    | 1 tin chopped tomatoes                                |
| 1 tsp turmeric                                    | 10g coriander leaves                                  |
| 2 tbsp vegetable oil                              | 2 tsp sesame oil                                      |
| salt to taste                                     |   |

Heat the vegetable oil in a big pan. Add the onion and cook for a couple of minutes before adding the garlic, ginger and turmeric and cook for a further 3-4 minutes. Then add the sesame oil, the mooli and the potatoes and cook for a further 5 minutes, stirring occasionally. Add the tomatoes, stir in well and reduce the heat. Cook for 15 minutes, stirring occasionally. Add the coriander leaves and salt, stir and cook for another 10 minutes or so. Serve with rice or parathas.

The other day during our one hour Indian summer, I sat by the pond and started counting the baby goldfish – some were a reasonable size and some miniscule. I surmised there must be hundreds of them. Then I saw a knobby head protruding from the weed. Oh my God, the toad was going to eat them all. I came in to google whether frogs eat baby goldfish, this time last year I was googling if goldfish eat baby toads. I knew what the answer would be. I was wondering whether to try and catch it and take it to the pond at Kiplin Park. Should I be letting nature take its course – no, nature is cruel. I should be protecting nature from nature. Well he went under then I couldn't find him. This morning I have only seen one baby fish. I honestly don't know how anything survives except humans – the vilest predator. I read in the paper yesterday that there are not believed to be more than 100 mature cod left in the North Sea. We are the stinking toad in that stretch of water. It is so sad.

I hope you have a good week,

Kind wishes,

Isobel