

**Monday 12th November 2012**

Dear Customer,

It a murky, grey, drizzly day here today. That is drizzle, the middle ground between fog and rain, rather than today's olive oil drizzle. My French friend who was here last week advocates a tablespoon of olive oil before breakfast each morning, two if you can manage it to help with all manner of things including constipation and health of the digestive system. The monounsaturated fats and polyphenols in olive oil are known to reduce the risk of heart disease and stroke. Olive oil helps with asthma and arthritis and is thought to slow the ageing process. It contains high levels of vitamins A, B1, B2, C, D and iron. It is a great moisturiser and hair conditioner, it shines shoes and shines your wooden furniture and is great for stuck zips. For the best nutritional benefits, it is better taken cold and not heated. So join me and get swigging it. Farmaround fruit and vegetables and cold olive oil – the secret of eternal youth ! We lovely cauliflowers in the bags this week. Here are a few recipe ideas you could try:

**Roasted Cauliflower**

1 head cauliflower	2-3 cloves garlic, peeled and minced
lemon juice from half a lemon	olive oil
coarse salt and freshly ground black pepper	Parmesan cheese (optional)

*Preheat oven to 200C/400F/Gas 6. Cut the cauliflower into florets and put in a single layer in an ovenproof baking dish. Toss in the garlic. Sprinkle lemon juice over the cauliflower and drizzle each piece with olive oil. Season with salt and pepper. Place the casserole in the hot oven, uncovered for 25-30 minutes, or until the top is lightly brown. Test with a fork for desired done-ness. Remove from the oven and sprinkle with Parmesan if required.*

**Roasted Cauliflower and Parsnip Soup**

1 head cauliflower	3 medium parsnips
2 tbsp olive oil	3 tbsp butter or margarine
3 tbsp plain flour	1 large onion, chopped
1 litre vegetable stock	cream (optional)
2 tbsp hazelnut oil plus some for drizzling	salt and freshly ground black pepper
juice of 1 lemon	

*Preheat the oven to 250C/475F Gas 7. Peel the parsnips and cut into round and cut the cauliflower into florets. Toss them with the olive oil and salt and pepper. Put into an ovenproof dish and roast for 25-30 minutes until tender and browned. Peel and dice the onion. Melt the butter or margarine in a pan, add the onion and cook until golden, about 10 minutes. Mix in the flour to make a roux. Cook the roux for another 6 minutes, until golden brown and nutty smelling. When the cauliflower and parsnips are done, puree them with the stock. Transfer the puree to a large pan and bring to a simmer. Whisk in the onion roux, which will thicken the soup further. Taste and adjust salt and pepper. Blend soup again to get a smooth texture. Return to the pan and add in the hazelnut oil and cream if you are using it. Check the seasoning and lemon juice for zing.*

**Cauliflower and Parsnip Gratin**

1 cauliflower, in small florets	2 medium parsnips, in 2cm chunks
60g butter or margarine	1 small onion, finely chopped
salt and freshly ground black pepper	60g plain flour
500ml milk, warmed	115g grated, mature Cheddar cheese
dash of hot sauce, eg Tabasco	60g breadcrumbs
2 tbsp grated Parmesan	1 tbsp olive oil
1 tbsp chopped fresh parsley	

*Preheat the oven to 180C. Add the cauliflower and parsnips to a large saucepan of salted, boiling water. Cook to soften for 4 minutes then drain and rinse. Add the butter or margarine to a large saucepan over a medium/high heat. Add the onion and sauté until tender, about 3 minutes. Sprinkle with salt and pepper. Stir in the flour and cook until pale blonde and pasty – 2 or 3 minutes. Slowly whisk in the warm milk, making sure no lumps from the flour remain. The sauce should thicken as it begins to simmer. Once it is really thick, turn the heat to low and add in the Cheddar a handful at a time and stir until melted. Season with the hot sauce and add the drained cauliflower and parsnips into the sauce to coat. Turn into an ovenproof dish. Mix together the breadcrumbs, olive oil, parsley and some salt and pepper in a small bowl. Top the casserole with the breadcrumb mixture and bake until bubbling and golden, around 20 minutes. Leave to rest for 5 minutes before serving.*

I don't suppose you feel like giving a home to a gorgeous, abandoned male cat, approximately 2 yrs old, or if you know anyone who could. He's black and white and loves other cats. If you can help, please get in touch with us. He is currently in London but we can arrange for him to be brought to a new home wherever it is !!

I was sent some samples of cleaning products from a small company in Exmoor. I have been using them for my autumn clean. I now have a crush on them, making housework more a fragrant pleasure than a grimy chore. The products are certified organic and are BUAV approved (ie not tested on animals). If you would like to try these products in a **Special Offer Pack - 1 Lavender Laundry Liquid (750ml, 25 washes), 1 Herbal Multi-Surface**

**Cleaner (750ml) and 1 Citrus Washing-Up Liquid (500ml) – all for £9.50**, normally £11.75 - please let us know asap. The pack will be available from week commencing 26<sup>th</sup> November and we will be stocking the products thereafter.

Also, the same week, 26<sup>th</sup> November, we will have out very first **Cow Nation cheese** using Cow Nation milk. It is a blue cheese, artisan-made, packaged in wax, **£4.95**. Please let us know if you would like to try one.

Kind wishes,

Isobel