



Monday 19th November 2012

Dear Customer,

I know it's what you've been waiting for all autumn - turnips. It's very exciting and they are full of vitamin C, copper, beta-carotene and calcium. My friend Helen in London has said that everyone there has either got shingles or TB. I shan't be down soon. Here or there, we need to build up our immune systems so we must eat turnips. You can boil or steam them and mash or not mash them. You could add them to stews and soups or be flamboyant, slick back your hair and try one of these recipes:

Gratin Turnip Dauphinois (Raymond Blanc - it can't get more serious than that !)

500ml whipping cream	exactly 8 pinches sea salt
2 pinches freshly ground black pepper	2 garlic cloves, peeled and crushed
550g potatoes	450g turnips
50g gruyere cheese (optional)	

In a small pan over a medium heat, bring the cream to a simmer. Add the seasoning and crushed garlic, remove from the heat and set aside to infuse while you prepare the vegetables. Preheat the oven to 180C/160C Fan/ Gas 4. Peel the potatoes and turnips, pat dry and cut into fine 2mm slices. Layer half the potato and turnip slices in a large gratin dish, then pour on half of the warm cream. Layer the remaining vegetable slices on top making sure you finish the gratin with a layer of potatoes only. Pour over the remaining cream and press the potato slices with the back of a spoon to ensure cream is evenly distributed. Cover with foil and bake on a baking sheet in the oven for 40 minutes. Remove the foil and sprinkle the grated cheese if using. Bake uncovered for a further 30 minutes or until the top is golden brown and the vegetables are just cooked through. Leave to stand for 5 minutes before serving.

Roasted Turnips and Root Vegetables in Rosemary

250g turnips	250g parsnips
250g potatoes	250g carrots
1 medium onion	1 bulb garlic
1 tbs olive oil	balsamic vinegar
chopped fresh rosemary	salt

Preheat the oven to 200C/400F/Gas 6. Peel and chop the root vegetables into similar-sized chunks of around 1". Peel the onion and cut into 6 wedges. Put all the vegetables into a roasting pan and add olive oil. Toss the vegetables in the oil until coated and add salt to taste. Spread the vegetables out. Roast for 30 minutes then add the separated, peeled cloves of garlic. Then roast for a further 20 minutes. Add the chopped rosemary and balsamic vinegar to serve.

We also have portabella mushrooms in the bags - delicious smeared with a cream cheese and baked in the oven until golden on top and tender when pierced. Peel and chop your sweet potatoes into big chunks, drizzle them with olive oil, and a grind of salt and black pepper, then into the oven until tender. There are sweetheart cabbages from Royal Oak in Ormskirk, broccoli from Doncaster - it's true ! The grapes and Navelina oranges are from Almeria and the spinach from Provence now the first frosts have killed ours off until the spring.

Myfa is the most bored, unhappy dog in the world. She just doesn't get that I have to work and can't devote every second of every day to taking her out for long walks, feeding her titbits, caressing her, playing toys with her. At 11am she lies on her side, next to me at my computer, and starts to emit a piercing, high pitch whine - designed to drive me insane, which it does. ".....Shut up, I have to work, just shut up...." I keep telling her. She keeps whining - for hours. At 2pm and probably sick herself of the sound of her own whine, she can't take anymore, gets up and starts flicking my hand off the keyboard with her muzzle again and again until I chase her. It's now 3.22pm, I still haven't finished this. It's like this every day and the pressure is becoming all the worse with the lessening hours of daylight to take her out in.

I hope you are having a good week,

Kind wishes,

Isobel

PS Our new Izzy Lane Winter Collection is appearing on the www.izzylane.co.uk website. 20% off for all dear Farmaround customers - even off the vastly reduced prices of the stock clearance. Use discount code FARM2.