



Monday 13th May 2013

Dear Customer,

One day last week temperatures here soared, for one day, to over 17 degrees – it was beautiful. I hate to say it, but..... do you think that was our summer.

We have delicious, sweet and nutty butternut squashes in the bags this week. A very good source of fibre, vitamin C, vitamin A, vitamin E, manganese, magnesium and potassium. An easy way to cook – just de-seed, cut into chunks and roast in the oven, drizzled with olive oil and salt and peppered. Cook until tender and eat as an accompaniment or add to salads, soups, omelettes, muffins etc. Here are a few recipes you could try with this week's bags:

Roasted Aubergine and Cherry Tomatoes

300g aubergine	1 tsp salt
200g cherry tomatoes	3 tbsp olive oil
1 clove garlic, minced	sea salt and black pepper
handful chopped fresh basil	

Preheat the oven to 200C/400F. Slice the aubergine into 1cm slices and toss with the table salt. Set the salted aubergine in a colander in the sink for 20-30 minutes to set. Cut the cherry tomatoes in half or leave whole if they are tiny. Place in an ovenproof dish. Add one tablespoon of olive oil, the garlic and a pinch of salt and toss well. Roast the tomatoes until just browning and very juicy, about 15-20 minutes. When the tomatoes are just about done, rinse and dry the aubergine slices. Cut each slice into chunks of about 2cm, toss with another tablespoon of olive oil and spread in a single layer on a baking tray. Roast for 15-20 minutes, tossing once, until browned and crispy on the edges. When the aubergine is done, add to the dish with the tomatoes. Add the rest of the olive oil, a good grind of black pepper and a bit more salt. Add the chopped basil and toss well. You can now use this tossed with pasta, on a bruschetta, on toast, mixed in to couscous for a salad, in an omelette or any way you want. Delicious !

Butternut Squash and Aubergine Caponata

1 aubergine	1 squash, peeled and deseeded
100ml olive oil	2 sticks celery, chopped
2 cloves garlic, chopped	pinch of dried chilli flakes
400g tin cherry tomatoes in juice	2 tbsp red wine vinegar
30g capers	50g green olives, pitted and halved
3 tsp caster sugar	2 tsp lemon juice
4 tbsp chopped parsley	250g mozzarella (optional)
olive oil for drizzling	

Cut the aubergine and squash into 1" cubes. Heat half the oil in a large, heavy-based sauté pan. Fry the vegetables in batches until golden-brown – about 4 minutes. Transfer them to a bowl. Add more oil and sauté the celery and onion to pale gold then add the garlic and chilli and cook for 2 minutes. Add the tomatoes and vinegar, stir and bring to a simmer. Cook gently for 10 minutes. Add the fried vegetables, capers, olives and sugar to the pan and season. Add 50ml water. Bring to a boil, cover and simmer for 15 minutes or until the squash is soft and the mixture thick. Remove from the heat and bring to room temperature. Add the lemon juice and parsley and season. Serve topped with mozzarella if using and drizzled with olive oil and a hunk of good, crusty bread.

Probably triggered by my last newsletter, I had a strange dream the other night. I was sitting with my late father whose body was old and worn out, didn't have long to go. He was showing me photos of some unattractive, older men, telling me cheerfully that I should choose one and that his brain would be transplanted into one of them. He'd come up with the solution, he always did. It would be their body but with my dad inside. A way not to lose him. My parents were a hard act to follow. They had an incredible relationship and is no doubt the reason why I am single. And anyway, I'm not particularly easy in a relationship, I confess, I have to be in control - have to do all the driving, say what we do, when we do it, how we do it ☺. It's better like this !

I'm supposed to be going to London next week, the first time in ages. It is strange being a visitor and feeling that disconnection to the city where I spent half my life and where nearly all my contacts, friends and family still are. I long to afford to my own place there again, just a little one, and live between the two. But alas, we can't have everything we would like, and Myfa would really hate it. My house in London had 5 bedrooms and 3 bathrooms and I bought it for £120,000 in 1996. Couldn't get a cup of coffee for that now. It also means I have to find some clothes to wear. Here in Richmond, I wear exactly the same outfit every single day. I wear an Izzy Lane long, black cashmere v-neck, of which I have 8, and a pair of jeans. I wear nothing else. It takes away that waste of time every morning.

Anyway, I'd put a deposit on that car in Ilkley, when I did finally get to see it that day. But several days later before I was due to collect, I changed my mind, and took the deposit back. Last week, I then changed my mind again and rang to see if they still had it, decided I would definitely take it after all, and put the deposit back on. I'm supposed to be collecting it this week, but this morning I am feeling inclined to ask for the deposit back again. The problem is that whilst being good value, affordable, low mileage etc., it looks a bit flashy and I am not flashy. If I do get it, I can tell you exactly why the existing car had to go and the reason may surprise you. It certainly surprises me.

Our really delicious, Brie-like, artisan-made Cow Nation Soft White cheese is now available. And hoorah, from Monday we will finally have our artisan-made Cow Nation Cheddar which is the best Cheddar I have ever tasted. Our Cow Nation products are made from the milk of cows which will all live out their whole lives along with all their calves. You can order online or by calling the office 01748 821116.

I hope you are having a good week,

Kind wishes,

Isobel

PS Please note that on the week of the next Bank Holiday, week commencing 27th May, all deliveries will move forward a day so Monday deliveries will be delivered on Tuesday, Tuesdays on Wednesday, Wednesdays on Thursday and Thursdays on Friday.