



Monday 11th November 2013

Dear Customer,

I had a call on Saturday from my Spanish supplier telling me that the lorry had broken down with all our grapes, pomegranates, French beans, red peppers and aubergines on and wouldn't be with us until Wednesday. Things not easy to replace from our Yorkshire farms. I called round, got some last minute squashes from Ormskirk, extra sprouts and leeks and other root veg from the Yorkshire moors etc. but your bags this week I'm afraid will look like 'hard labour'. I like to deliver you a balance between easy-peasy to prepare and horrors, but it hasn't turned out that way I'm afraid. I hope you have a good knife and a strong arm. Having said that, this is the period when we need to boost our immune systems and most of the horrors are very nutritious.....very nutritious. Swede is very high in vitamin C, lots of minerals – potassium, calcium, magnesium, phosphorus and manganese – as well as beta-carotene and contain anti-cancer phyto-chemicals. Here are a few recipes you could try with this week's ingredients and hopefully we will have peasier bags next week:

Autumn Vegetable and Chickpea Casserole

*2 or 3 small onions, quartered
8 cloves garlic, peeled
Few sprigs of thyme
250ml good strength vegetable stock
1 small swede, peeled and cut into 1cm chunks
2 small carrots, trimmed, peeled and chopped
250g chickpeas, cooked
2 tbsp chopped parsley
salt and freshly ground black pepper*

Put the onions in a pan with the garlic, thyme and vegetable stock, season, bring to the boil and simmer for about 20 minutes or until tender. Remove the onion and garlic with a slotted spoon and add the swede and carrots. Simmer until they are tender then add the chickpeas, shallots and garlic and continue simmering for five minutes. Season to taste and sprinkle with chopped parsley to serve.

Roasted Root Vegetable with Honey and Cumin

*3 onions, quartered
3 carrots, halved and cut into 4" lengths
4 parsnips, halved and cut in 4" lengths
1 swede, peeled and cut into batons 1" wide
8 cloves garlic, unpeeled
60ml olive oil
1 tbsp honey
1 tsp cumin seeds
salt and pepper to taste*

Place the vegetables and the unpeeled garlic in a large baking dish, drizzle with the oil and honey, sprinkle with cumin seeds, season with salt and pepper and toss to make sure they are coated. Bake in the oven at 190C/375F/Gas 5, for around 40 minutes, until they are tender inside and golden brown.

Potato and Cabbage Bake

*650g Savoy cabbage
800g potatoes, peeled and thinly sliced
150g butter
Salt and freshly ground black pepper
300g cheese eg Cheddar*

Preheat the oven to 200C/ 400F/ Gas 6. Boil the cabbage and potatoes in separate saucepans in plenty of slightly salted water. Cook the cabbage for about 5 minutes until tender but still crisp. Drain well, rinse in cold water, drain again and squeeze out any excess water, patting dry with kitchen towel. Cook the potatoes for 3 minutes, then drain, place in cold water, drain again and dry well on kitchen paper. Grease an ovenproof dish generously with some of the butter. Arrange half the potato slices, slightly overlapping, on the bottom of the dish, dot with butter and season. Arrange the cabbage and half the cheese on top of the potatoes, season with salt and pepper. Top with the remaining potatoes and cheese. Dot with the remaining butter. Cover with foil and bake for 25 minutes, removing the foil 5 minutes before the end of the cooking time. Serve.

Yesterday was a glorious, sunny and crisp autumn day. I set off with Myfa for her Sunday walk, somewhere special, a footpath that crossed small fields enclosed by stone walls and studded with the signature stone barns of the Yorkshire Dales. I'd been out the car for three minutes when I saw her running as fast as she could towards, and then into a barn. It could only mean one thing. I ran after her as fast as I could, screaming, but she had a good lead on me. I got there too late and found her rolling in a rotting sheep. The smell is beyond anything. I was so furious but luckily we were beside a river and I spent half an hour throwing sticks in, making her swim upstream against the current and but she still stank. From there we headed up towards the moor. We climbed onto the hillside and I sat down to take in the view over Reeth and the Swale valley. I was just starting to forgive Myfa and told her to go and find a stick. A few minutes later she came trotting proudly down the bank to where I sat. She had a thick branch about 4ft long. "that's brilliant" I told her "well done". She was so excited and swung it round and smashed it into the side of my head. She hit me so hard I felt sick and we had to go home immediately.

This is brief, I have just found out about an egg crisis. The hens have unexpectedly gone into a moult and aren't laying. We are very short this week and I apologise if you don't get yours.

Kind wishes,

Isobel