

Monday 5th May 2014

Dear Customer,

I hope you are having a good week. The green in the bags is of course pak choi from sultry Ormskirk. We really are in the 'hungry gap' now so have lots of produce from the Mediterranean. This includes the new season carrots, new Nicola potatoes and semi-dry onions (wet). The fruit is starting to perk up with watermelons in most of the fruit bags and I know the first peaches, apricots and nectarines are imminent.

Here are a few recipes you could try:

Roasted Broccoli with Lemon Breadcrumb Topping

*1 tbsp olive oil
½ onion minced
4 tbsp breadcrumbs
1 lemon, zested and juice reserved
salt and pepper to taste
400g broccoli*

Heat 1 tablespoon oil in a frying pan over a medium heat and sauté the onion until it begins to brown. Add the breadcrumbs, stirring continuously, and toast until golden. Transfer the mix to a bowl and combine with the lemon zest; season to taste. Cut the broccoli, including stems, into large chunks. Toss with the remaining oil, season, and roast in a baking pan at 220C /425F /Gas 7 for 20 minutes. Sprinkle with the lemon juice and then the breadcrumbs and serve.

Chilli and Ginger Stir-Fried Broccoli and Pak Choi

*1 tbsp vegetable oil
1 tsp toasted sesame oil
200g broccoli florets
2 garlic cloves, finely sliced
½ red chilli, deseeded, finely sliced
1 thumb-sized piece root ginger, finely shredded
200g pak choi leaves, separated
1 tbsp soy sauce*

Heat the vegetable oil in a large wok and add the sesame oil and broccoli florets. Add a splash water to help steam the broccoli then stir-fry it over a high heat for 2-3 minutes. Add the garlic, chilli, ginger and stir-fry for a further 1-2 minutes. Then add the pak choi leaves and soy sauce and fry for another minute or so, until the greens have started to wilt slightly. Remove the wok from the heat and serve the pak choi immediately.

I don't know whether I'm coming or going at the moment. Well actually I do..... I am going. As I write my, lengthening by the minute, list of everything I need to do before I go, I realise it's hopeless. There is never a good time to go away. I am therefore ripping up the list, stuffing some shorts, swimsuit, flip-flops and evening mosquito outfits in my bag, then I'm off. Well I've just got to do this Izzy Lane fashion show tomorrow, Monday, come back and do the farmaround buying, organise moving the sheep into different fields and having them wormed, move farmaround premises as we are bringing the packing back under our own roof with all that entails – new gear, new staff etc., launch my new business 'swaphopper.com' and a million other things. It really never ends ever. And therefore one does occasionally have to just 'walk'. There's so much going on that now is the time to just go.... go and put my feet up in the sun. It was a long old winter. When I am reduced to posting a picture of my gardener's builders bottom to 25,000 people on the farmaround facebook page, I know it's serious. I got a lot more attention than the live export petition.

If the next newsletter does not come to you from the somewhere in the South of France it means I've been carjacked.

Kind wishes and au revoir,

Isobel