

**Monday 16<sup>th</sup> February 2015**

Dear Customer,

I hope this finds you well.

We have cauliflowers in the bags this week. Cauliflower is a good source of protein, magnesium, riboflavin, niacin, thiamine and phosphorous as well as fibre, folate, pantothenic acid, manganese and potassium, and of course vitamins C, K and B6. It would be difficult to synthetically make a cauliflower if not impossible. Or an orange for that matter, I just don't know where you'd start. A pair of very small pointed tweezers, a microscope and a bowl of atoms I guess. I'm not going to get upset about it though.

**Roasted Cauliflower with Cumin, Coriander and Almonds**

1 cauliflower, broken into florets	sea salt
olive oil	1 knob butter or margarine
2 tsp cumin seeds	2 tsp coriander seeds
1-2 dried chillies	1 handful blanched almonds, smashed
zest and juice of 1 lemon	

Preheat your oven to 200C/400F/Gas 6. Blanch the cauliflower in salted boiling water for a couple of minutes then drain in a colander, allowing it to steam dry. Toss it in a good lug of olive oil and the butter or margarine. In a pestle and mortar, bash the spices and chillies with a pinch of salt, then mix with your almonds and put in a hot, dry ovenproof pan to slowly toast them. After a couple of minutes, add the cauliflower. When it gets a nice bit of colour in it, add the lemon zest and juice and mix well around. Fry for about a minute longer, then pop the pan into the preheated oven for about 15 minutes to crisp up.

**Cauliflower Omelette**

1 small or ½ large cauliflower	1 medium onion
oil for frying	1 tsp turmeric
60g parsley	1½ dessertspoons plain flour
¼ tsp baking powder	5 medium eggs
pickles and fresh herbs	

Wash the cauliflower and cook it in salted water. Mash and leave to cool. Cope the onions and fry in a little oil until soft and golden. Stir in the turmeric and set aside to cool. Wash and chop the parsley. When all the ingredients are cool, mix the cauliflower, flour, baking powder, onions and parsley. Heat enough oil to cover the base of a large frying pan. While the oil heats beat the eggs until frothy, then stir in the cauliflower mixture. Pour into the hot oil, then immediately reduce the heat, cover and cook over a gentle heat for 25 minutes until firm. Turn over and cook for a further 10 minutes. Serve immediately with mixed pickles and fresh herbs.

**Cauliflower and Broccoli Cheese**

2 cloves garlic	50g butter
50g plain flour	500ml semi-skimmed milk
1 head of broccoli, in florets	75g mature cheddar cheese
1 cauliflower, in florets	2 slices of stale bread
2 sprigs fresh thyme	25g flaked almonds
olive oil	

*Preheat the oven to 180C/350F/Gas 4. Peel and thinly slice the garlic and put in a medium pan on a medium heat with the butter. When it has melted, stir in the flour to make a paste, then gradually add the milk, whisking as you go, until smooth. Add the broccoli florets and simmer for around 20 minutes, or until broccoli is cooked through, then mash or blitz with a stick blender. Grate in half of the cheese and season. Arrange the cauliflower in a generously-sized baking dish, pour over the broccoli sauce and grate over the remaining cheddar. Blitz the bread into breadcrumbs, then pulse the thyme and almonds. Toss with a lug of olive oil and a pinch of salt and pepper then scatter evenly over the cauliflower cheese. Bake for 1 hour or until golden and cooked through.*

I am still turning my house upside down. It's a symptom of February I think, and fog, and the treadmill. This week I decided to move my home office along a room, from a room which has the only wallpaper in the house and the book shelves really don't go with it. To do this I had to empty two very big book shelves of a few tons of books and the ornaments which sat in front of them on the shelves in order to drag them into the next room. All week I have had a sea of books in piles filling the whole floor. I'm so sick of seeing these books and moving them wherever I go. Brand new unopened 'three for the price of two's' from Waterstones, old yellow, chewed up classics, and Christmas presents I will never read. Apart from being brought up to believe that to get rid of a book is sacrilege.... ( I've had enough now Mum )..... I also believed that one day in my twilight years, and living on a rusty state pension, good or bad, I would read them all. However, I probably won't. Just as I am unlikely in 2030, if I am still here, to want to reference my spring 2007 gas bill or spend pleasant afternoons reading my 2004 credit card statements. I got out the bin liners, I was ruthless. It took me until 2am this morning to throw away almost every bit of paper in the house except for my MOT and my birth certificate. I have taken about 6 bin bags of books to the charity shops as well as lots of ornaments I have no attachment to. I'll start upstairs next, and my clothes... Pucci hot pants for example. I've never worn them but they were quite expensive. Better keep them just in case. I'm more likely to wear Pucci hot pants when and if I'm 90 than read Barak Obama's autobiography.

Coming back to my first point, it is reasonably incredible isn't it, that in the cell of each pip are the dna molecules, the blueprint, of an orange tree and an orange and in that cauliflower seed, is the genetic information that creates a cauliflower. The 300,000

seeds and pips of every plant species on earth could fit into one big sack. Sling it over your back, put your hot pants on and find a nice warm island to live on.

Kind wishes,

Isobel