



Monday 24th August 2015

Dear Customer,

Asteroids in the bags this week, found strewn across the Yorkshire Moors having fallen out of their normal habitat, the asteroid belt between Mars and Jupiter. They have been kindly, and delicately, collected by Rosemary Wass. They are the shattered remnants of 'planetesimals', bodies within the solar nebula that never grew large enough to become planets so instead contrived a way to find their way to Farmaround customers – their soul mates.

Your asteroid is full of vitamins E, C, B6 and folate, thiamin, niacin and riboflavin as well as containing trace minerals – calcium, iron, magnesium, phosphorus, manganese and potassium.

You can cut it into cubes, then steam lightly until just tender and dress simply with melted butter or olive oil, a good squeeze of lemon juice, some chopped parsley and some salt and black pepper. You could cut it into thick batons and saute in butter or oil until softened and add some white wine or stock, simmer until tender and stir in some dill or tarragon. You could also grate it raw into salads with a simple garlicky lemon vinaigrette or fry with a little oil, mustard seeds, garlic and ginger. Very add-able also to stews, soups and stir-fries.

Kohlrabi and Rainbow Chard / Spinach Gratin

1 tbsp sunflower oil	1 knob butter, plus a little for greasing
600g onions, halved and finely sliced	salt and pepper
kohlrabi, peeled and cut in 3mm thick rounds	250g potatoes, peeled and cut in 3mm rounds
2 tsp thyme leaves, chopped	200ml double cream
1 tbsp parsley, chopped	200ml water
big handful of chard leaves or spinach mixed with kohlrabi leaves	

Topping:

60g fresh breadcrumbs	25g butter, melted
45g Cheddar or hard goat's cheese, grated	

Preheat the oven to 190C / 375F / Gas 5. Place a medium frying pan over a medium heat. Add the oil and butter, wait until it foams, then add the sliced onion, a pinch of salt, and saute for 12 minutes, until soft and starting to take on a little colour. Throw in the kohlrabi, potatoes and thyme, and season generously with salt and pepper. Cook, tossing the mixture occasionally, for another five minutes. Pour over the cream and stock, simmer gently until the liquid is reduced by half, stir in the spinach and parsley, then place in a lightly buttered gratin dish, level it out and place the dish on a baking tray. Blitz together the breadcrumbs, butter and cheese in a blender and sprinkle over the top of the filling. Bake the gratin in a hot oven for about 35-40 minutes, until all gold and bubbling.

Red Kale and Lentils with Halloumi

olive oil	1 large onion, chopped
1 carrot, finely diced	3 cloves garlic, chopped
200g puy lentils	1 bay leaf
300ml stock or water	100ml red wine
splash balsamic vinegar	1-2 tbsp mustard
bag of red kale	150g halloumi
handful fresh parsley, finely chopped	1 lemon, juice and zest

Add a bit of oil to a lidded pot and cook the onion, garlic and carrot, until softened. Fold the lentils and bay leaf through. Season well. Allow to sizzle a bit then pour in the wine, let it bubble up then pour in the stock or water. Lower the heat, cover and cook for 40 minutes, or until tender. Taste and add a splash of balsamic vinegar and a little mustard. Adjust the seasoning. Finely chop the kale so it is like the parsley (strip the leaves from the stems, roll up and thinly slice, then chop slivers. Fold the kale through the lentils, remove from the heat and set aside. Thinly slice the halloumi then cut it into little cubes. Fry in a little olive oil until golden and scatter over the lentils. Finish with parsley and lemon juice and zest. Serve with mashed potato or sautéed potatoes or some chunky bread.

In our new farm shop, mimicking what we have in the bags, apart from lovely local Yorkshire produce – we have on display, beautiful perfectly ripe black figs which look like they have just dripped off a tree in Provence – which they have. We have succulent golden greengages and peaches, and perfectly ripe Galia melons. All have come to us straight from Provence, direct. Free from pesticides, full of sun. And all anyone buys when they come in the shop is potatoes. It is soul destroying. Not one person has bought one fig !

Diane is the most remarkable person. Now, on top of everything else, she has picked up doing the cooking. I can imagine her terror when an order for a crepe and a galette came in today, having never made one before – crepe spreader and batter in hand - authentic French crepe plates staring back at her - customers waiting at the table. But she emailed to tell me she made them and they were perfect. I'm in awe.

Not a lot happening here – just seeing out the last days of summer and waiting for the 'grande rentrée' ! I'm busy concocting a new vision and future for farmaround which I think you will like very much. More this autumn !

I hope this finds you well,

Kind wishes,

Isobel