



Monday 12th October 2015

Dear Customer,

It's 'death of the pluggy bag' week and it should have been done decades ago shouldn't it. Nowhere will it be more successful than here as no Yorkshire person would ever spend 5p on a bag. There are recycled bags everywhere now. Those who forget are coming out the supermarkets with armfuls of carefully balanced naked shopping. It feels like the green revolution all over again.

The countryside is looking beautiful, trees turning translucent yellow, red and gold. I just wish it wasn't the intro to winter. I note that all the stores are filling with Christmas already and I don't want to heap more of that on you but we have got Rosemary's crispy red cabbages in the bags this week. It's one of the most nutritious vegetables there is so should be enjoyed all year round and not just for Christmas. It is rich in vitamins A, C and K as well as the minerals potassium and manganese. It also contains anthocyanins which have anti-inflammatory, anti-viral and anti-microbial properties.

Here are some delicious recipes you could try this week:

Braised Red Cabbage

olive oil

1 onion, peeled and sliced

1 red cabbage, core removed, chopped into irregular chunks

150ml balsamic vinegar

1 tbsp fennel seeds

2 eating apples, peeled and chopped in 2.5cm pieces

sea salt and black pepper

handful chopped, flat-leaf parsley

Fry the fennel seeds in some olive oil in a saucepan, then add the onion and cook for a few minutes until golden and sticky. Add the apple, followed by the cabbage chunks, salt and pepper and the vinegar and stir everything together well. Put the lid back on and continue to cook on a low heat for an hour, checking and stirring every so often. Put in a serving dish scattered with some knobs of butter and the parsley.

Red Cabbage Coleslaw

½ red cabbage, finely shredded

½ small onion, finely sliced

4 dollops mayonnaise

freshly ground black pepper

2 eating apples, cored, finely chopped and tossed in lemon juice

1 small bunch flat-leafed parsley

2 tbsp natural-yoghurt

In a medium bowl, mix together the cabbage, apples, onion and parsley. Add the mayonnaise and yogurt with plenty of freshly ground black pepper.

Tagliatelle, Capers, Pine Nuts and Kale

200g kale

30ml olive oil

2 cloves garlic, finely sliced

2 tsp capers

1 tbsp pine nuts

370g dry tagliatelle

1 small onion

½ red chilli, chopped

salt and pepper

grated Parmesan (optional)

Tear the leaves from the stems of the kale and cut them into strips. Blanch them in a large pan of boiling water for 4 minutes. Drain from the pan with a slotted spoon and bring the water back to the boil. Cook the pasta according to packet instructions until al dente. Meanwhile, add the olive oil and onion to a pan and saute for about 3 minutes. Throw in the garlic and chilli for a further minute. Add the kale and capers, season with salt and pepper and toss everything together. Remove pan from the heat and leave to one side while your pasta cooks. Drain the tagliatelle and add it to the kale and onion. Toss well together and finish with the pine nuts and Parmesan.

It took me days to get over my vigorous gardening outburst last week – the aching muscles. Now I've set about making an early start on the spring cleaning as the MLC continues. I cleaned the windows – well three of them – domestic bliss. I don't understand why someone doesn't invent a little robotic squirt and polish device which attaches itself magnetically to the window and shuffles round – like those robotic hoovers – back and fore over the window pane. I guess it will come, as will everything, and hands will be redundant.

I met a friend yesterday, Sunday – we walked some of the Pennine Way with her 3 collies and Myfa, a path near Keld alongside beautiful waterfalls. As I expect with all my friends – another outing, another scene. We stopped at a pub to get dinner. Collie A wouldn't stop barking and attacked a dog at the bar – "he's 17 year old", my friend called out in his defence. Collies B and C snuggled up on the sofa either side of her. The landlady came over to say dogs weren't allowed on the sofas. My friend asked B and C if they would move but they said they wouldn't. The landlady went off to get some gravy bones but they weren't interested. There was no way my friend was going to make them get off the sofa if they didn't want to, so she carried on our conversation smiling and

completely ignoring the landlady standing there. A and B stayed on the sofa. Myfa, mortified and embarrassed went to join a group of walkers on another table and looked mournfully over me as they consoled her.

I hope this finds you well and full of autumn joy,

Kind wishes,

Isobel