



**Monday 30<sup>th</sup> November 2015**

Dear Customer,

I hope this finds you well. It's been a really grizzly, stormy weekend. Thank heavens for my bobble hat on the moors today, protection from the earache of a bitter wind. I wouldn't like to have been an ancient drover. More wind is forecast for the week ahead but it looks to be getting milder again. The Yorkshire Dales was covered in ice sheets 80,000 years ago, our landscapes forged and sculpted by the massive glaciers which advanced and retreated creating our famous valleys (Dales). One can still feel the chill.

We are supposedly still living in the ice age but in an interstadial, a mild interlude, the Flandrian warm stage before returning to life-extinguishing freeze. So it's man, his fossil fuels and methane belching farm animals versus the Devensian glaciation. If glaciation wins out, there will still be January King cabbages. They are the hardiest and tastiest of all the cabbages and can withstand and keep growing through winter snow and ice, and they're in the bags this week. Everything makes them grow, even moonlight. The colder it is, the more intensely they take on their pink and purple colouring. The purple/blue pigmentation is anthocyanin, a flavonoid, and is present in much of our red, blue and purple fruit and vegetables, including red and purple kale, red cabbage, blueberries, raspberries, blackcurrants and blood oranges - even in the red of autumn leaves which produce it towards the end of the summer, whatever that is.

Here are some recipes you could try with this week's plant cells and pigments:

#### **January King Cabbage and Bean Soup**

<i>1 tbsp olive oil</i>	<i>1 small onion, chopped</i>
<i>200g January King cabbage, shredded</i>	<i>1 clove garlic, thinly sliced</i>
<i>1 glass dry white wine</i>	<i>2 tbsp fresh thyme leaves</i>
<i>400g peeled plum tomatoes</i>	<i>600ml vegetable stock</i>
<i>400g tin cannellini beans or butter beans, drained</i>	<i>4 thick baguette slices</i>
<i>50g Comte or mature cheddar cheese, grated</i>	

*Heat the oil on a saucepan, add the onion and cook over a medium heat for three to five minutes until softened. Add the cabbage and garlic and stir-fry for two minutes. Add the wine and thyme and simmer for one minute. Add the tomatoes and stock and bring to the boil. Simmer for 15 minutes then stir in the beans. Season and simmer for 2 minutes and set aside. Arrange the baguette slices on a baking tray and place under a hot grill. Toast on one side then turn over and top the untoasted side with cheese and return to the grill for 2-3 minutes until the cheese is golden and bubbling. Ladle the soup into bowls with cheesy toasts.*

#### **Aubergine and Red Pepper Pasta Bake**

<i>340g aubergines, diced</i>	<i>1 onion, peeled and roughly chopped</i>
<i>6 garlic cloves, whole</i>	<i>4 tbsp olive oil</i>
<i>2 red peppers, deseeded and chopped</i>	<i>4 tomatoes, chopped (or tinned)</i>
<i>2 tbsp sun-dried tomatoes, chopped</i>	<i>300g penne pasta</i>
<i>salt and pepper</i>	<i>3 slices bread</i>
<i>4 tbsp fresh mint, chopped</i>	<i>100g black olives, pitted</i>
<i>50g Cheddar cheese</i>	

*Heat the oven to 220C/425F/Gas 7. Line a tray with non-stick baking paper. Toss the aubergines, onion, garlic and peppers with the olive oil. Season with salt and pepper and roast for 30 minutes or until the vegetables are tender. Add the tomatoes, sun-dried tomatoes and season again. Cook the pasta according to packet instructions. Place the bread in a food processor and whizz together to make breadcrumbs. Add the cheese and process again to combine. When the roasted vegetables and pasta are cooked, mix together. Transfer to an ovenproof dish. Sprinkle the top with the cheese breadcrumbs. Bake it for 10-15 minutes or until the top is brown. Serve garnished with fresh mint and olives.*

#### **Aubergine, Chickpea and Red Pepper Curry**

<i>500g potatoes, peeled and diced</i>	<i>1 tbsp oil</i>
<i>1 onion, chopped</i>	<i>1 aubergine, diced</i>
<i>1 red pepper, diced</i>	<i>1 tbsp medium Madras curry powder</i>
<i>400g tin chopped tomatoes</i>	<i>400g tin chickpeas, drained and rinsed</i>

*Cook the potatoes in boiling water for 5-8 minutes until just tender, then drain. Meanwhile, heat the oil in a frying pan and stir-fry the onion, aubergine and pepper for 8-10 minutes. Add the curry powder and cook for 1 minute more. Stir in the chopped tomatoes, 300ml water, chickpeas and reserved potatoes, and cook for 10 minutes. Season to taste and garnish with chopped coriander. Serve with cooked rice or warm naan breads.*

Christmas is creeping up and by the time you receive this, our festive offerings will be live on the website – organic mince pies, Christmas cakes, puddings, chutneys, organic cheese platters and lots more. We have an Izzy Lane sale on – everything is vastly reduced and we are also selling off end-of-lines and samples. There are lots of bargains.

Kind wishes,

Isobel