



**Monday 1<sup>st</sup> February 2016**

Dear Customer,

The common denominator in this week's bags are our lovely Breton cauliflowers, full of vitamin C, and potassium to boost your brain function. Not that I am insinuating anything. A new wind has arrived this morning - Henry. At least it gave the grey mass a shove and we momentarily caught a glimpse of the sun.... a glimpse of hope.

Here are some quick and easy cauli recipes you could try this week:

**Roasted Cauliflower with Lemon and Garlic**

1 cauliflower	olive oil
1 tbsp garlic, finely sliced	2 tbsp lemon juice
1 tsp salt	½ tsp black pepper
2 tbsp grated Parmesan (optional)	

Break the cauliflower into florets and place in a large saute or roasting pan. Drizzle over olive oil and add the lemon juice, garlic and seasoning. Give a stir to ensure the oil and seasoning has coated everything. Place the pan in the oven and cook for 15 minutes, stirring occasionally to ensure even roasting. Remove from the oven and sprinkle over the Parmesan if using. Garnish with fresh herbs and serve.

**Spaghetti with Roast Cauliflower Pesto**

1 cauliflower, in florets	150ml olive oil, plus extra for frying
30g blanched hazelnuts	30g Parmesan or other cheese, grated ( optional)
bunch fresh basil	zest and juice of 1 lemon
400g spaghetti	

Heat the oven to 210C / 190C Fan / Gas 6. Toss the cauliflower in some of the olive oil with the hazelnuts and roast for 10-15 minutes until the nuts are golden and the cauliflower is starting to char. Remove from the oven and season well. Cool slightly, then whizz all but a few florets in the food processor with the cheese, if using, the basil and 1 tbsp olive oil until finely ground. Slowly pulse in the 150ml olive oil to give a loose paste. Season, then add a grating of lemons zest and squeeze of juice. Bring a pan of salted water to the boil and cook 400g spaghetti al dente. Drain, toss with the pesto, then serve topped with the reserved florets, extra Parmesan or other cheese, lemon zest and basil leaves.

**Sicilian Pasta with Cauliflower, Currants and Pine Nuts**

1 cauliflower	50g currants
4 tbsp olive oil	5 garlic cloves, finely chopped
½ tsp chilli flakes	3 tbsp sun-dried tomato paste
225g tubular pasta eg penne	5 tinned plum tomatoes
50g pine nuts, toasted	2 tbsp flat leaf parsley

Break the cauliflower into small florets and set aside. In a bowl, cover the currants with hot water and set aside. Heat the oil in a large, deep frying pan over a medium heat, add the cauliflower florets and fry for 5 minutes, stirring every now and then, until they are beginning to soften but haven't coloured. Sprinkle over the garlic and chilli, then cook for 1 minute more, stirring. Mix the tomato paste with 100ml warm water, stir into the cauliflower, cover, then cook gently for 10 minutes until the cauliflower is just tender. Meanwhile, bring a large pan of salted water to the boil and cook the pasta al dente. Drain the currants and add to the cauliflower. Add the tomatoes, turn up the heat a little and cook for 3-4 minutes until the sauce thickens slightly. Season to taste, then stir in the pine nuts and parsley. When cooked, drain the pasta, add to the cauliflower sauce, toss together well and serve.

We had visitors from France last week, suppliers, tanned. The farmers down there in the Languedoc-Roussillon are fearful of 'la gelee noire'. The French are so poetic aren't they. The 'black freeze' doesn't have the same ring or gravity or romance but is so-called when the frosts come once the peach, apricot and other fruit trees are in bud, which they are now after such an exceptionally mild winter there. The almond blossom will be out soon, 3 weeks early. All such fruit trees need 600 hours of temperatures below 7.2C, and they haven't had it.

For so long, the French organic market lagged behind Germany and the UK, almost 20 years behind, but despite the recession, the market there is now booming. It may have taken longer but when change happens in France, it tends to be permanent, 'a la revolution', whereas we are very trend-lead.....fickle. So many organic farmers have reverted back to industrial farming in the UK. The French hospitals and schools have been told by the government that on at least one day a week the meals must be organic.

I came up to bed the other night, it was 1.30am, blackberry in hand, I got into bed and switched on the News channel. I then caught sight of my blackberry lit up on my bedside table. It said Adele Robinson, BBC Look North, 'connected'. I must have rung her on my way upstairs, woken her up. "hello, hello..". I scrambled to switch her off. The other week after phoning the local agricultural shop to find out what time they closed, as I needed sheep nuts, I then called them 12 times from my handbag. I was driving at the time in boisterous conversation with someone and doing a lot of swearing. I could see from the length of the times of my calls they would have had a good earful.....12 times.

Kind wishes .....and roll on spring,

Isobel