



Monday 22nd February 2016

Dear Customer,

I hope this finds you well. Rosemary Wass' parsnips in the bags this week, full of antioxidants, vitamins C, K and E, and B vitamins such as folic acid plus healthy levels of minerals like iron and calcium. Here are some tasty recipes you could try:

Curry-Spiced Parsnips and Potatoes

500g potatoes	500g parsnips
3 tbsp sunflower oil	1 garlic clove, peeled and finely chopped
For Curry Spice Mix:	
1 tbsp coriander seeds	6 black peppercorns
½ tsp dried chilli flakes	1 tsp turmeric
1 tsp ground fenugreek	1 tsp sea salt

First make the spice mix. Heat the oven to 200C/390F/Gas 6. Put the coriander seeds and black peppercorns in a dry frying pan and toast over a gentle heat for a few minutes, until fragrant. Tip into a pestle and mortar and leave to cool. Add the chilli flakes then crush the lot to a coarse powder and mix with the fenugreek, turmeric and salt. Peel the potatoes and cut into 3-4cm chunks. Put them in a saucepan, cover with cold water and bring to the boil, Boil for 1 minute then take off the heat and drain. Peel the parsnips, cut into same sized chunks as the potatoes and add to the potatoes. Pour the oil into a large, shallow roasting dish and heat in the oven for 5 minutes. Tip the potatoes and parsnips into the hot oil, add the spice mix and toss so the veg get a good coating of spice. Roast for 40 minutes, giving them a stir halfway through, or until golden and crisp. Stir in the garlic and return to the oven for 2-3 minutes. Serve straightway with thick plain yoghurt or mango chutney or both, and salad.

Parsnip and Potato Rosti (makes 8 small or 4 large)

250g potatoes	250g parsnips
1 tsp chopped thyme leaves	1 small onion, finely sliced
oil for frying	salt and pepper

Peel the potatoes. Cut any larger ones so they are an even roast-size. Put in a saucepan of water, add some salt and bring to the boil. Peel the parsnips and cut into large chunks. When the potatoes are boiling, add the parsnips and simmer for 5 minutes, they should be underdone, then drain and leave to cool. Fry the onion for about 10 minutes in a little oil until soft and golden and leave to cool. Coarsely grate the drained potatoes and parsnips into a bowl, add the thyme and onion and season generously and toss thoroughly. Put enough oil in a non-stick pan to cover base by about 1mm and put on a medium heat. Form handfuls of the mixture into shallow cakes no more than 1cm thick, Fry them without moving them for 5 minutes until they form a golden-brown crust underneath then flip over to cook until crisp and golden on the other side. Turn them once or twice more, a total of around 12 minutes in all. Slip out the pan onto kitchen paper. Repeat until all the mixture is used. Sprinkle with a little flaky salt and serve hot.

Parsnip and Walnut Loaf

150ml sunflower oil	150g soft brown sugar
1 free-range egg	1 ripe banana, mashed
150g self-raising flour	1 tsp baking powder
1 tsp mixed spices	125g grated parsnips
100g walnuts	
For the Topping:	
60g soft butter	75g icing sugar
75g full fat cream cheese	2 tsp maple syrup

Heat oven to 170C/150c fan/Gas 3. Grease and line a 900g loaf tin. Whisk the oil, sugar and egg together until lighter in colour then whisk in the banana. Fold in the flour, baking powder and spice, followed by the parsnip and walnuts. Turn into the prepared tin and bake for 50-60 minutes until a skewer inserted comes out clean. To make the topping, beat together the butter and icing sugar until pale and fluffy. Gradually beat in the cream cheese, a spoonful at a time, followed by the maple syrup. When the cake is cool, spread with the topping.

I went over to the 'Tanning Boutique' on the market place in search of vitamin D but the 'To Let' boards were up and it was deserted. Businesses don't last 2 minutes in Richmond. No-one ever goes into town cos the weather's too bad - it's either too wet, too windy, too cold or too foggy. I went down to the Health Club by the river to see if they had any sunbeds. Hoorah, they did, I pre-booked 66 minutes for £20, 11 sessions of 6 minutes. I was given my tokens and shown into a room. I wasn't expecting what I saw. I thought there would be a bed of some description but in front of me was a small sealed metal capsule. I couldn't possibly get inside that and shut the door. She told me to get in it to see how easy it was to get out. Ok, the door pushed open. She told me to lock myself in the room and left me to it. I undressed, couldn't see a thing with my goggles on, had to take them off again to see where to put the tokens in and got blinded when the thing flared up. I shut the pod door. I could just about make out the emergency button above my head then a fan started up, a wind, and the whole thing started vibrating. I felt sick and dizzy and wondered if the pod door locked automatically while it was in progress. What would happen if I pressed the emergency button, how would they get into the locked room to get me out. It was getting really hot and stinging the backs of my leg. I tried to imagine I was somewhere else and not trapped, incinerating to death in a pod that I'd never be able to get out of. Suddenly it went dark but the fan still whirred, had it all broken down. No, I guess it had been 6 minutes. I pushed at the door, and thank God, it opened. I was free.

So we're finally having our referendum on Europe - self-determination or 'better together'! If the vote is to 'brexit' there could be a domino effect and the end of the EU as we know it - like Zayn Malik leaving One Direction or Ginger Spice leaving the Spice Girls. The future is looking distinctly uncertain and odd, with Donald Trump the cherry on the cake.

Kind regards,

Isobel

Here follows a message from our friend Shadi a PhD student:

'Food really matters, how you eat, how you shop, crucially affects how the world is' "Sheila Dillon, The Food Programme".

Please help us understand how you make your food shopping decisions

The knowledge gained from understanding your views and opinions shall contribute to the enhancement of the development of the box scheme production and other local food hubs that meet the needs of all segments of consumers.

Your views and opinions matter, if you have spare minutes, it would be wonderful if you can help us by taking part of the survey at the following web link:

<https://www.surveymonkey.co.uk/r/boxscheme-PhD-research>