

**Monday 26<sup>th</sup> September 2016**

Dear Customer,

We have celery in the bags this week. Many find it a bit dull as a salad item – one can only eat so much – however it is very underrated as a cooking vegetable. Braised celery is absolutely delicious. Try this:

### **Braised Celery**

1 head of celery, de-stringed and cut in 3" pieces      25g butter or margarine  
1 medium onion, peeled and thinly sliced              75g carrots, thinly sliced  
225g stock made with vegetable stock cube          1 tbs fresh parsley, chopped  
salt and pepper

*Melt the butter or margarine in a frying pan and begin to cook the onions for 3-4 minutes over a medium to high heat until lightly golden then add the carrots and cook for a further 2 minutes. Add the celery and continue to fry for 5 minutes more, or until everything is slightly browned at the edges. Season with salt and black pepper then pour in the hot stock and place a lid on the pan. Turn down the heat and simmer gently for 20 minutes until the vegetables are almost tender then take the lid off and increase the heat to medium and continue to simmer till the liquid has reduced and become slightly syrupy – about 5 minutes. Serve the celery with the juices poured over and sprinkled with the parsley.*

### **Cream of Celery Soup**

head of celery    1 large onion, finely chopped  
1 clove garlic, chopped    small bunch flat-leaf parsley, roughly chopped  
1 litre vegetable stock    100ml single cream  
pinch of nutmeg    black pepper  
2 tsp olive oil

*In a large saucepan or casserole heat the oil gently, add the sliced celery, onion and garlic to the pan. Sweat and gently heat until the vegetables are soft but not browned, around 15 minutes. Add the chopped parsley and vegetable stock then season with nutmeg and black pepper. Simmer the soup for around 15 minutes then pour into a blender with the cream. Process it until smooth and creamy. Serve.*

### **Savoury Spinach Cakes**

3 tbsp olive oil, plus extra for frying                              1 large onion, peeled and finely chopped  
3 garlic cloves, peeled and minced                              100g fresh curd cheese or cottage cheese  
40g walnuts or pine nuts, toasted and roughly chopped    1 free-range egg, lightly beaten  
30g fresh white breadcrumbs                                      ½ tsp freshly grated nutmeg  
bag of spinach, tough stalks removed, leaves washed, wilted, squeezed dry, chopped and cooled

### **To serve:**

120g yoghurt    ¼ small cucumber, peeled, halved, deseeded and diced  
1 small handful coriander, leaves picked and chopped    lemon wedges

*First, make a dipping sauce by mixing together the yoghurt, cucumber and coriander. Season and set aside. In a large frying pan, heat three tablespoons of olive oil over medium-low heat. Add the onion and sauté until soft and translucent, about 10-15 minutes. Add the garlic and sauté for a minute. Remove from the heat and stir in the spinach, cheese, walnuts, breadcrumbs and nutmeg. Stir in the egg and seasoning. With damp hands, mould into round or rounded torpedo-shaped patties about 7cm long x 3cm wide. Warm about 0.5cm olive oil in a large frying pan over a medium-high heat and fry the cakes in batches until golden on both sides, turning them over carefully – about four minutes per side. Drain on kitchen paper and serve hot with the dipping sauce and/or lemon wedges.*

I texted Marjorie at the weekend, our Geordie knitter, who for 8 years I thought was called Modrey, she never corrected me. I wanted to find out what wool stock she had left. She said she'd get back to me later as she was "... busy scrubbing the scullery". When I first met her she had a little shop in Askrigg in the Dales and would sit in the window knitting nylon baby booties, baby jackets and toilet roll covers. I recruited her as our first knitter. She has since moved back to Wallsend on the outskirts of Newcastle. Askrigg – you can see how I could have thought she was called Modrey.

Not much happening here. Busy getting woollies knit for the winter and looking after my woollies since being shepherd-less.

The time flies doesn't it. Myfa is cronky these days with arthritis so the days of stress-burning speed walks across the moors with her are sadly over. It doesn't seem five minutes since she was a dot on the horizon, I was always terrified of her disappearing – she could run and run for hours. I have to stop and wait for her now. I always knew she'd have a cronky old age, it's the price we would pay, but it's come up very quickly. She's happy though and that's what matters.

As my dear loyal farmarounders, I want to give you the website address to a private Izzy Lane shop set up for my special people where I can offer vastly reduced prices on specific things. At the moment, we have Wensleydale socks and some lovely new Wrap coats. The address is <http://izzylaneprivateshop.bigcartel.com/> if you are interested, or email us for the link.

I hope you have a good week,

Kind regards,

Isobel