



Monday 10th October 2016

Dear Customer,

Here we are again - cloudy, sun breaking through from time to time, a new nip in the air - another week, another weather report and temperatures continuing to make their slow descent into autumn. Not long before the clocks go back, but then not long until the days start lengthening again either.

We have our first parsnips in the bags this week. Here are some tasty recipes you could try with this week's ingredients:

Puy Lentil, Parsnip and Walnut Salad

3 parsnips	600ml vegetable stock
125g Puy lentils	1 bay leaf
30g walnuts	1½ tbsp olive oil
Dressing:	
2 tbsp walnut oil	½ tbsp red wine vinegar
1 tsp runny honey	¼ tsp Dijon mustard
small clove garlic	
salad leaves	

Preheat the oven to 200C/ Gas 6. Peel and trim the parsnips and cut them into 5cm x 1cm batons. Crush the garlic. Bring the stock to the boil, add the Puy lentils and bay leaf and simmer for 25-30 minutes until the lentils are just tender. Drain them and discard the bay leaf. Place the walnuts on a baking tray and toast in the oven until lightly browned and fragrant. Remove the tray from the oven, scoop out the walnuts and add the parsnips in their place. Drizzle with the olive oil and roast for 35 minutes until golden. Whisk together the dressing ingredients. In a bowl toss together the lentils, walnuts, parsnips and dressing. Pile on to some salad leaves to serve.

Parsnip and Potato Rosti

250g potatoes	250g parsnips
1 tsp thyme leaves, roughly chopped	1 small onion, finely sliced (optional)
oil for frying	sea salt and black pepper

Peel the potatoes, leave any small ones whole and cut mediums in half and large ones into quarters. Put in pan, cover with water, add some salt and bring to the boil. Peel the parsnip and cut into large chunks. When the potatoes are boiling, add the parsnips and simmer for 5 minutes – they should be underdone. Drain and leave to cool. If you are using onion, fry it for about 5 minutes in a little oil until soft and golden. Set aside until cool. Coarsely grate the drained potato and parsnips into a bowl, add the thyme and onion then season generously. Pour enough oil into a non-stick pan to cover the base with about 1mm and put on a medium heat. Form handfuls of the mixture into shallow cakes no more than 1cm thick. They will fall apart a bit but that's ok. Fry them without moving them for 5 minutes so they form a golden-brown crust underneath. Carefully flip over and cook until golden brown and crisp on both sides, turning once or twice more if needed – about 12 minutes in all. Slip out of pan onto kitchen paper, then onto warmed plates. Sprinkle over a little flaky salt to serve.

Broccoli Pasta with Breadcrumbs

250g broccoli, in small florets	2 tbsp olive oil
6 heaped tbsp breadcrumbs	350g fusilli pasta
grated nutmeg	salt and pepper
1 clove garlic, crushed	6 tbsp crème fraiche
lemon juice	

Blanche the broccoli for a few minutes then leave in colander to dry. Heat a frying pan with 1 tbsp of the oil, fry the breadcrumbs until golden then put in a bowl. Cook the fusilli to 'al dente' according to packet instructions. Meanwhile heat the other tbsp of oil in the frying pan and fry the broccoli for 2-3 minutes until soft. Stir in some grated nutmeg, the garlic clove, the crème fraiche and salt and pepper to taste. Bubble to reduce slightly. When the pasta is ready, drain, reserving about 50ml of the cooking water. Add the reserved water and pasta to the broccoli over a low heat and toss for 1-2 minutes. Taste and season and add lemon juice. Serve the pasta topped with breadcrumbs and also some grated cheese if desired.

I guess being a sheep nerd is almost as bad as being a train spotter – I could really bore you to death about them. It's just that sheep seem to be the sum total of my existence at the moment – apart from Farmaround that is. It's Monday morning and I have just supervised a batch of 45 who have had their feet done. Ernest is thankfully back helping me again. One Shetland had to have half his horn sawn off as it was starting to press into the side of his head. They can grow into their heads if you don't keep an eye on them. All fine now though, we loaded them onto a trailer and have taken them back to Hornby for the winter where they will be reunited with their mates. I followed them through Richmond, watched them peeping out at the cars, pedestrians, traffic lights and general hubbub.

After all our restructuring of the last months things are calm now. I am bracing myself to restart starting the book. I'd given up on writing a synopsis, realised I would just have to go for it and write the whole thing. So there it is again looming in my background, causing me discomfort. It's quite a step to take for I know that once I enter into it I will probably turn into a zombie and won't know how to tie my shoe laces up anymore. That's why I have to pick the right time. It's never the right time though.

I was really infuriated when 'co-star' in the ITV Dales series, the shepherdess with dozens of children, brought her book out and it was a best-seller. I had heard rumours about her selling the film rights to Warner Bros, then on the local newspaper boards outside the newsagent last week I saw 'Yorkshire shepherdess set for global fame'. I guessed she'd signed the deal. I wasn't very happy. That was my book and my film. We Yorkshire shepherdesses are not sisterly, we are very competitive.

I hope you have a good week,

Kind regards,

Isobel