

**Monday 5<sup>th</sup> December 2016**

Dear Customer,

December and it is still beautiful weather here - bright and without drama. I have never known such a pleasant summer, autumn and now winter.

We have Savoy cabbages in the bags this week and here are some tasty recipes you could try with it:

**Roasted Savoy Cabbage with Apples, Pine Nuts and Cranberries**

1 head savoy cabbage, cut into 1.5" – 2" wedges	olive oil
sea salt and fresh ground black pepper	handful toasted pine nuts
handful dried cranberries or golden raisins or dried cherries	1 tsp fresh lemon juice
handful diced dessert apple	1 tbsp parsley, minced, to garnish

Preheat the oven to 180C/ 350F/ Gas 4. Place the cabbage on a large baking sheet in a single layer. Drizzle with the olive oil and give a generous sprinkle of salt and pepper. Roast until tender and edges are golden and crisp, about 20-30 minutes. While the cabbage roasts, place the pine nuts, berries and apples in a small bowl and toss with lemon juice and olive oil. Place 2 wedges on a plate and top with a spoonful or two of the topping. Drizzle with Roast Garlic Vinaigrette\*, sprinkle with parsley and serve immediately.

**Roast Garlic Vinaigrette\***

1 head garlic	60ml olive oil
1 tbsp lemon juice	2 tbsp cider vinegar
salt and pepper	1 tbsp maple syrup

Preheat oven to 190C/ 375F/ Gas 5. Cut the top off the head of garlic exposing some of the cloves. Drizzle with 1 tbsp olive oil and a pinch of salt. Wrap tightly in tin foil and place in the oven for 30-40 minutes until cloves are soft and golden brown. Let cool completely before squeezing out the roasted cloves into your food processor. Add the remaining ingredients and blend until smooth. Taste for seasoning and add more salt or lemon if needed.

**Savoy Cabbage and Cheese Pasta Bake**

1 small Savoy cabbage	25g butter
1 medium onion, chopped	350g tagliatelle
1 tbsp flat leaf parsley, chopped	150ml single cream
100g mature Cheddar	300ml hot vegetable stock
salt and pepper	

Preheat the oven to 180C/ 350F/ Gas4 and butter a large baking dish. Place the cabbage in a large mixing bowl. Melt the butter in a small frying pan and saute the onion until soft. Add to the cabbage in the bowl. Cook the pasta to packet instruction 'al dente'. Drain the pasta and stir into the cabbage and onion mixture. Add the parsley and mix well. Spoon into a baking dish. Combine the cream and Cheddar then stir in the hot stock. Season well and pour over the cabbage and pasta. Cover tightly with foil and bake in the oven for about 30-35 minutes until the cabbage is tender and the stock is bubbling. Uncover for the last 5 minutes of cooking time to brown the top.

I know it sounds greedy but I do find it frustrating that we only get one life. It must be reassuring to think we could be re-incarnated, come back again as another human, a moth, a martian, another life in some form at some other point in the future or the past. It's not very romantic or imaginative to think, as I do, that this is probably it. And it's not very long to pack everything into. I wouldn't really want another life, I would just want more of this one – an extra hundred years, or even a thousand. Everywhere I go - every village, town, county or country – my thought is always the same. 'I'd like to come and live here one day'. As we come to the end of another year, as ever comes the assessment of what has been achieved, what has changed. In my case very little. And frustratingly so.

This morning I am waiting for a dishwasher, washing machine and drier to arrive. They are almost new, gifts from a friend moving house who can't take them with her. It is with mixed emotion. My existing 'white goods' were bought 23 years ago. They have worked so hard, it doesn't seem fair to send them to scrap. My drier has completely packed up but the washing machine still just about works, as does the dishwasher despite the spring on the door being broken. It feels like I'm sending them to be slaughtered. The dishwasher was a present from my mother when I bought my house in London – she said it would change my life, and it did. I never had to wash up again. I hate the way I load inanimate objects with such emotion. It's so irrational.

I hope you're having a good week,

Kind wishes,

Isobel

**CHRISTMAS OFFERING**

In the week leading up to Christmas we are as ever offering the Jumbo Christmas Organic Vegetable Bag £29.50 which will include large portions of all your Christmas vegetables, salad things and bits and bobs for your festive meals. We are also offering the Christmas Organic Fruit Box with heaps of fruit to fill your fruit bowls, also at £29.50. Details of both will be on the website by the end of the week. We are keeping it simple this year and are just doing the fruit and vegetables.

**CHRISTMAS DELIVERY SCHEDULE**

In terms of deliveries, in the week commencing 19<sup>th</sup> December, your order will come on your normal delivery day. On week commencing 26<sup>th</sup> December, if you are a Tuesday delivery, you will receive your order on Wednesday, if a Wednesday you will receive it on Thursday, if a Thursday, you will receive it on a Friday and if a Friday, you will still receive it on Friday. On week commencing 2<sup>nd</sup> January you will receive your order on your normal delivery day.