



**Monday 29<sup>th</sup> May 2017**

Dear Customer,

Hope this finds you well. But wow, what incredible heat. Delhi has come to Richmond ! If this isn't growing weather then I don't know what is. We have the first broad beans in the bags this week, the English season is getting underway.

Here are a few recipes you could try this week:

**Cauliflower and Cherry Tomato Dahl**

250g split peas, rinsed	2 garlic cloves, crushed
1 tbsp freshly grated ginger	1 tsp turmeric
2 bay leaves	1 head cauliflower, in florets
250g cherry tomatoes	1 tbsp vegetable oil
½ tsp cumin seeds	½ tsp chilli powder
1 onion, sliced	

To make the dahl boil 1 litre of water and add the split peas, garlic, turmeric and bay leaves. Return to the boil, skim off any scum, then cover with a lid and simmer for 45mins-1hr, stirring now and then until it thickens. Heat the oven to 200C/ Gas 6. Toss the cauliflower and tomatoes with the oil, cumin, chilli powder, onion and seasoning on a baking tray and roast for 20 minutes. Check the consistency of the dahl. If it's a bit runny, remove the pan lid and increase the heat to reduce, stirring well. Once the split peas are soft and fairly smooth, season well with salt. Serve in a bowl with the cauliflower spooned on top.

**Roasted Cauliflower and Chickpea Salad**

1 onion, thinly sliced	300g cauliflower, in florets
1 tbsp red wine vinegar	120g chickpeas, drained and rinsed
3 cloves garlic, unpeeled	1 tbsp olive oil
40g tahini	1 tbsp lemon juice
1 small handful parsley, roughly chopped	50g raisins
½ tbsp baharat, mix of spices	a few salad leaves, chopped

Preheat the oven to 200C/ Gas 6. Toss the onion with the vinegar in a small bowl and set aside. In a large bowl combine the cauliflower, chickpeas and garlic with the baharat/spices and oil. Spread out on a large baking tray and bake for 30 minutes or until the cauliflower is tender and starting to char, tossing halfway through. Leave to cool slightly. In a small bowl squeeze the roasted garlic out of their skins and mash together with the tahini. Add the lemon juice and gradually whisk in 40ml warm water a little at a time until the mixture is smooth and runny but not too watery. Season. Drain the onions and toss with the roasted cauliflower and chickpeas, parsley, salad leaves and raisins. Drizzle with the dressing and serve.

**Broad Beans, Garlic and Feta Bruschetta**

1 loaf sourdough bread	300g broad beans
½ bunch tarragon	olive oil
1 clove garlic	100g feta cheese
4 tbsp natural yoghurt	

Heat a griddle pan over a high heat until smoking. Slice the bread into 2cm slices and place on griddle pan turning after 1 minute or until each side has been gently chargrilled. Do this in batches then set aside. Plunge the beans into a pan of boiling, salted water and simmer for 2 minutes then drain and run under a cold tap until cool. Pop the beans out of their skins then season. Pick, roughly chop and stir through the tarragon leaves. Gently crush with a fork so you have a mix of whole and crushed beans. Drizzle with the oil. Halve the garlic clove and rub onto each slice of the griddled bread. In a separate bowl mash the feta with the yoghurt to form a paste then season and thickly spread onto each garlicky slice. Top with the beans and drizzle with oil from the bowl.

My clear out continues. London Farmarounder Pauline contacted me after reading last week's newsletter and introduced me to Marie Kondo's book 'The Life Changing Magic of Tidying Up: The Japanese Art of Folding and Decluttering'. It seems ridiculous to spend half one's life accumulating stuff and the other half getting rid of it. MK makes it a one-off event that should take no more than 6 months. Pauline said the audio book really helped her organise her life, it was akin to therapy, and she sent me a picture of the inside of her sock drawer. I must admit it, it was impressive. Each pair rolled up like a little swiss roll.

'Right'. I got a bin bag from under the sink and set off up the stairs. I hesitated, turned back, and got the whole roll of bin bags. I sat down and opened up the horror of the first drawer – jumpers and t-shirts. Marie Kondo says you have to pick up each item and ask yourself 'Does it bring me joy?' If the answer is 'no' then you have to bid it a firm, fond farewell. I prepared 3 bin bags – one for the spent - shrunken and frayed, one for the charity shop, and one for a tiny friend whose size I once was.

I took a deep breath and piece by piece I asked - 'Does it bring me joy ?.....No', 'Does it bring me joy ?.....No', 'Does it bring me joy ?.....No', 'Does it bring me joy ?.....No', 'Does it bring me joy ?.....No', 'Does it bring me joy ?.....No', 'Does it bring me joy ?.....No', 'Does it bring me joy ?.....No', 'Does it bring me joy ?.....No', I was getting faster and faster. 'Does it bring me joy ?.....No', 'Does it bring me joy ?.....No'.  
Three huge bin bags later nothing had yet brought me any joy at all. 'Hang on a minute' – maybe I should wait until I'm in a better mood. I was keeping nothing, I'd have nothing to wear. Just clothes ? No – they bore the imprints of my life of everything I was and everything I had lived - my outer skin. I went to bed with a great sense of unease. Therapy ? – indeed. Next day I started again, the bin liners heaped up at the bottom of the stairs.

Pauline said they have done their clothes, CD's, linen, books and paperwork and still have food, plates and cutlery etc. to do. I've just done my CD's. I started to cook dinner, opened up the cupboard and threw a saucepan away. It's quite addictive. Next I'm going into the cupboard under the stairs. The rest will have to wait as tomorrow I drive to the South of France.

Kind wishes,

Isobel