



Monday 11th September 2017

Dear Customer,

I hope this finds you well. Having spent the weekend preoccupied with Irma, worried about an old friend in Palm City with dozens of horses who was terrified, a cousin and her family in Fort Lauderdale who evacuated and more family near Tampa, I won't complain about our weather this week. Well except to say that it's not very nice. I wonder what we have in store this autumn and winter – there's no predicting it – no progress in that department since the Michael Fish debacle of 1987. I can't believe that was 30 years ago and no major hurricane since. Yet again reminded how lucky we are in this country.

We have delicious crunchy sweetcorn in the bags this week. It is very rich in nutrients including beta-carotene and lutein and contains B vitamins, vitamin C magnesium and potassium and despite how it tastes, less sugar than in an apple. Here are some interesting things you could try this week:

Stir-Fried Sweetcorn with Chilli, Ginger and Garlic

corn kernels	2 tbsp olive oil
1 tbsp chopped fresh ginger	1 tsp chopped chilli
1 handful chopped fresh parsley	2 tbsp soy sauce

Stir-fry the sweetcorn in a hot wok with the olive oil, chopped ginger, chilli, fresh parsley and soy sauce.

Pasta with Sweetcorn, Ricotta and Basil

400g pasta eg orecchiette	olive oil
1 garlic clove	zest and juice of 1 lemon
sweetcorn kernels from 2 cobs	250g ricotta
large bunch fresh basil	

Bring a pan of water to the boil and cook the pasta according to packet instructions. Meanwhile heat a little olive oil in a large frying pan then crush the garlic and fry for 30 seconds. Add the lemon zest and sweetcorn and cook through. Remove the pan from the heat and stir in the ricotta. Season well and add the juice of ½ the lemon or to taste. Shred most of the basil then mix into the corn and ricotta sauce. Drain the pasta reserving 3 tbsp of the cooking water then return to the pan. Add the reserved water to the sauce then pour it over the pasta and gently toss. Scatter over the remaining basil leaves and serve.

Sweetcorn Fritters

40g polenta or rice flour	30g plain flour
½ tsp baking powder	3 Hen Nation eggs, beaten
100ml crème fraiche	sweetcorn kernels cut from 2 cobs
small bunch spring onions, finely diced	2 red chillies, deseeded and diced
1-2 tbsp olive oil	

Put the polenta, flour and baking powder in a bowl and make a well in the centre. Gradually add the eggs and mix to a smooth batter. Stir in the crème fraiche, sweetcorn, spring onions, chillies and season. Heat the oil in a large frying pan. When hot, drop in spoonfuls of the fritter mixture. Flatten to make little cakes. Cook for 2-3 minutes each side until crisp and golden. Serve with some chutney.

Roast Leeks, Potatoes and Tomatoes

450g potatoes, cut in chunks	1 onion, chopped
1 clove garlic	olive oil, for drizzling
1 sprig rosemary, chopped	450g leeks, chopped in chunks
300g tomatoes, coarsely chopped	salt and pepper

Preheat the oven to 190C/ 170C Fan/ Gas 5. Put the potatoes into an ovenproof dish, add the onion and garlic clove, and season with salt and pepper. Drizzle with olive oil and sprinkle with the rosemary. Roast for 40 minutes then remove from the oven but do not switch off. Remove and discard the garlic clove. Add the leeks and tomatoes to the dish, lightly season with salt and stir. Return the dish to the oven and roast for a further 20 minutes until the vegetables are tender. Serve immediately.

For about a year I had one remaining goldfish in the pond and thought it was time for him to have some companions so a few months ago I went and got 5 fish – 3 very shy koi who languish in the bottom of the pond and two chirpy goldfish. One was a baby – very chubby with bulbous eyes. I spent hours watching him, popping up between the lily leaves and blowing bubbles. I opened the kitchen door yesterday and a huge heron flew off. Half an hour later I went back out, was surprised to see the heron back. It's the first time I've seen one for a couple of years. I went to the pond with dread, there was no sign of baby. I haven't seen him since. I can't believe how upset I am about it. I loved that little fish. Herons are beautiful creatures, I know they have to eat but he didn't have to take baby.

Kind wishes,

Isobel