



Monday 27th November 2017

Dear Customer,

Brrrr, it's freezing at the moment. Yet there's spring blossom, and even the gorse is flowering again which I have never seen before. I don't think the weather has been that strange here to cause such eccentric behaviour. It was a normal, miserable summer and a mild-ish autumn, but not that mild. Maybe their signals are coming from elsewhere – the media possibly – anxiety about global warming. Maybe they just can't face going through winter and are in denial – if they just start blooming again then it won't happen.

At least in the vegetable world things are growing normally and we have the elusive spaghetti squash for you to try and comprehend this week. A squash on the outside with what appears to be spaghetti on the inside.

You can bake your squash. Preheat the oven to 200C/ 400F. Halve it. Scoop out any seeds and drizzle the halves with olive oil and season with salt. Place the squash cut-side down on a baking tray and bake for around 45-50 minutes until tender. Use a fork to scrape out the spaghetti.

Here are some simple and tasty recipe you could try this week:

Cauliflower, Chard and Potato Curry

1 cauliflower	250g chard, shredded
800g potatoes	2 cloves garlic
1 onion	1 long green chilli
4 tbsp olive oil	1 tsp turmeric
1 tsp ground coriander	1 tsp mustard seeds
1 tsp ground ginger	1 tsp curry powder
400g tin chick peas	1 lime (optional)

Chop the cauliflower into florets and cook in boiling, salted water for 5 minutes, then drain, reserving about 150ml cooking water. Roughly chop the potatoes and cook in boiling salted water for 10 minutes then drain. Peel and thinly slice the garlic and onion and finely slice the chilli. Heat the oil in a large frying pan over a low heat and saute the garlic, onion and chilli until softened. Stir in all the spices, season and cook for a few minutes. Add the cooked cauliflower, potatoes and reserved cooking water then simmer on a low heat for 10 minutes. Drain the chickpeas and add them, then add the chard. Cook, stirring until all is tender. Serve with a squeeze of lime juice.

Whole Roasted Cauliflower

1 cauliflower	50g butter, melted
1 tbsp white wine vinegar	1 tbsp Dijon mustard
200ml double cream	85g mature Cheddar cheese, grated
2 tbsp fresh white breadcrumbs	2 tbsp chopped chives

Remove all but the small tender leaves from the cauliflower and cut the base so it sits flat in a baking tin with about 5cm space around on each side. Whisk together the butter, white wine vinegar and mustard with a pinch of salt and some ground black pepper. Brush the outside of the cauliflower liberally with the mixture, pouring the rest around the cauliflower. Cover with foil and roast for 30 minutes. Remove the foil and baste with some of the sauce that has formed. Pour over the cream and bake for a further 10 minutes covered. Baste the cauliflower again then sprinkle over the cheese then the breadcrumbs. Return to the oven uncovered and roast for a further 15-20 minutes until golden. Serve cut into wedges and sprinkled with chives.

Simple Braised White Cabbage

white cabbage, shredded	1 small onion, sliced
2 tbsp butter or margarine	150ml vegetable stock

Melt the butter or margarine in a wide-rimmed pan and cook the onion until soft and translucent. Add the cabbage and toss. Pour the stock over and cover, Simmer gently for about 30 minutes or until the cabbage is tender. Remove from the heat and toss in a small pat of butter or margarine, Season generously with sea salt and black pepper.

Not a lot of news here. I didn't feel great last week and much of the weekend. 'The aching' descended upon me. I always put this down to being part of my migraine syndrome. When I have one, as well as the headaches and vomiting, all my muscles and bones ache and it feels like I've been kicked down the road. But then I can get the aching without the rest of the symptoms and when I do it can last over a week. I've had it 10 days now.

When I lived in London my doctor told me my migraines were 'just depression'. That made sense and since then always thought it a very neat and convenient way to feel the gloom rather than it spilling into daily life which when you have businesses, you simply can't afford.

So I finally, and for the first time ever, googled 'aching /migraines' fully expecting there to be thousands of migraine sufferers with it – whole communities of them across the world. But there weren't, I am alone. Alone with my freak condition.

I now wonder if I have fibromyalgia. Or maybe it is all just depression. I will keep on aching in blissful ignorance. I guess we all have something don't we.

My father and grandmother had terrible rheumatoid arthritis. I can handle the pain on the basis that I know it will go. (well... touch wood...it has previously always gone !) I just cannot imagine how it would be to live with it permanently as it was for them, for it never to lift. But they were so stoical. I don't remember my father once complain about it, yet it must have been hell.

Kind wishes and grateful as ever just to be alive,

Isobel