



**Monday 18<sup>th</sup> June 2018**

Dear Customer,

I hope this finds you well. We are banging on through June aren't we. The longest day of the year this week already.....waiting for noone.

We have beetroot, superfood supremo in the bags this week. Known to reduce blood pressure and fight infection with its high nitrate levels. Its anthocyanins help counter the effects of pollution in the body by fighting free radicals, its lycopene and betacyanins are thought to be protective against cancer, the betaines and pectin help eliminate toxins once they have been processed by the liver. On top of all this comes generous levels of vitamin C, iron, potassium, magnesium, folate and other nutrients and minerals.

Here are some simple recipes you could whip up with your beet and this week's other ingredients:

#### **Beetroot Burgers**

<i>400g raw beetroot, peeled and chopped</i>	<i>2 carrots, peeled and chopped</i>
<i>1 onion, peeled and chopped</i>	<i>3 cloves garlic, grated</i>
<i>200g tinned chickpeas, rinsed</i>	<i>2 tsp tamari</i>
<i>150g porridge oats</i>	<i>2 Hen nation eggs</i>
<i>2 tsp ground cumin</i>	<i>2 tsp ground coriander</i>
<i>sea salt and black pepper</i>	<i>vegetable oil, for frying</i>

*Blitz the beetroot, carrot, onion, garlic, chickpeas and tamari in a food processor. Add the oats, eggs, cumin, coriander, salt and pepper, and blitz again until well blended. Heat a non-stick frying pan over a medium heat and add enough oil to cover the base. Form the beetroot into patties with your hands or dollop it into the pan and flatten into a burger shapes. Gently fry for about 10 minutes turning them once or twice until they are lightly charred on the outside and hot through. They can be eaten hot or cold.*

#### **Lightly Pickled Beetroot and Carrot Salad**

<i>200g carrots</i>	<i>200g beetroot</i>
<i>2 tbsp cider vinegar</i>	<i>1 tsbp olive oil</i>

*Peel the carrots and beetroot and cut them into thick matchsticks, 3-5mm wide. Toss the batons together. Sprinkle the cider vinegar and a good seasoning of salt and pepper over the veg. Stir and leave for a couple of hours to allow the vinegar to soften the veg and the flavours to mingle. Add the olive oil and mix again. Check seasoning and serve.*

#### **Aubergine and Tomato Bake**

<i>1 aubergine, cubed</i>	<i>2 onions, thickly sliced</i>
<i>1 clove garlic, minced</i>	<i>2 x 400g tins chopped tomatoes</i>
<i>2 tsp oregano</i>	<i>100g bread, in crumbs</i>
<i>100g Cheddar cheese, optional</i>	

*Preheat the oven to 190C/ 160C Fan/ Gas 4. In a bowl mix together the breadcrumbs and cheese, if using, and set aside. Heat a tablespoon of oil in a frying pan and cook the onions over a medium heat for about 5 minutes until softened and browned slightly. Add and cook for another 5 minutes until browned. Pour in the two tins of chopped tomatoes, the garlic and the oregano. Bring to the boil and simmer for 10-15 minutes, stirring occasionally, until the sauce has thickened a little. Season then spoon into an oven-proof dish. Sprinkle over the breadcrumbs and cheese and bake in the oven for 20-25 minutes until the top is golden and the tomato sauce bubbling.*

#### **Aubergine and Tomato Pasta**

<i>1 small onion</i>	<i>2 cloves garlic</i>
<i>½ bunch fresh basil</i>	<i>1 large aubergine</i>
<i>5 tbsp olive oil</i>	<i>1 x 400g tin chopped tomatoes</i>
<i>400g dried pasta eg rigatoni</i>	<i>80g ricotta cheese, optional</i>

*Peel and chop the onion and garlic. Pick the basil leaves and finely chop the stalks. Cut the aubergine into 2cm slices. Heat 3 tablespoons of oil in a pan and sweat the onion, garlic and basil stalks for 7 minutes. Add the tomatoes, season well and bring to a simmer. Cook for about 20 minutes. Meanwhile, fry the aubergine in the remaining oil until golden, then stir into the tomato sauce with most of the basil leaves. Cook the pasta according to packet instructions, drain, then serve through the sauce. Divide onto plate and crumble over the ricotta if using and garnish with the remaining basil leaves.*

We've had a little rain this weekend but not enough and there's no more in the forecast. The beautiful new pastures where the sheep now reside are turning yellow and crispy - more African savanna than Yorkshire. I have had 15 years of grass anxiety and envy, ever since I rescued my first 5 Wensleydale sheep. Everyone else's grass is always greener. The sheep are all well though. They have made holes in the fences which separate them from the river and most of them are living in camps there on the banks, mooching about and foraging in the shady woods. The farmer said he is going to cut some of the fencing down so they can be there legitimately and not have to squeeze through holes.

They do like going through holes though, they think they've escaped. They like being naughty. As expected the shearer didn't show. I hope it will be this week but finding them all in the woods might be challenging – there are too many places to hide.

York University this week revealed results from their analysis of water from the rivers Ouse and Foss, that they contained 29 pharmaceutical drugs. They included antibiotics, antidepressants, antihistamines, diabetes and epilepsy drugs. Low levels of course.....for now. Add that to the microplastic plastic pollution. The river Tame in Greater Manchester had the highest plastic levels ever recorded in the world 517,000 plastic particles per square metre. Add to that toxic run-offs of agrochemicals into the waterways. The first testing of water for neonicotinoids conducted in 2016, for example, and which tested 16 English rivers, half had either chronic or acute levels of contamination. One should worry a great deal about the destruction of our fragile ecosystems, and the future viability of our planet. We are definitely on course to destroying it. Fiddling about with the notion of banning plastic straws and cotton wool buds – are they for real ! We all need to be environmentalists now.

Kind wishes,

Isobel