



**Monday 30th July 2018**

Dear Customer,

I hope this finds you well and that you haven't melted away in the heat. We up here are generally 5-10C cooler here than in London and even we have been feeling it. There have been some welcome stormy downpours this weekend. Once upon a time I would go and sit outside with a cup of tea when the sun came out. Now I take my cup of tea out when it starts raining. The fragrances of pine and lavender waft in the humid air. A Mediterranean climate in Yorkshire is just fantastic. You can sleep with all the windows open and not get eaten alive by mosquitoes, and there is a cap to the temperature. It is unlikely we will reach 48C as seen in Portugal last week, or even pass 30C. I highly recommend it.

Here are some tasty recipes you could try with this week's ingredients:

**Courgette Fritters**

500g courgettes	1 medium carrot, peeled and grated
2 Hen Nation eggs	salt and pepper
40g plain flour	vegetable oil
sour cream	chopped dill, for garnish
½ tsp baking powder	20g fine polenta

*Shred the courgettes over the large holes of the grater and squeeze with your hands to remove as much water as possible. In a medium bowl combine all the ingredients, season and mix well. In a large frying pan heat 3 to 4 tablespoons of vegetable oil then drop in a spoonful of the mixture then flatten it. Cook on a medium heat for 2-3 minutes on each side until browning and starting to crisp. Serve with a dollop of sour cream and chopped dill.*

**Beetroot, Courgette and Pine Nut Salad**

3 raw beetroot	2 courgettes
2 tbsp olive oil	juice of ½ lemon
50g pine nuts	

*Very thinly slice the beetroot and courgettes with a vegetable peeler and place in a serving bowl. Drizzle with olive oil and lemon juice. Dry-fry the pine nuts until toasted and scatter over the vegetables.*

**Pickled Courgettes**

400g courgettes, sliced	1 tsp salt plus extra for sprinkling
1 tsp turmeric	2 tsp mustard seeds
2 tbsp clear honey	300ml cider vinegar
2 onions, sliced into thin rings	

*Mix the turmeric, salt, mustard seeds, honey and vinegar in a pan, bring to the boil and simmer for 5 minutes. Leave to cool, skimming the surface is necessary. Slice the courgettes and pack into warmed, clean jars with the onion rings. Cover with the spiced vinegar. Seal well and store for 2-3 days before eating.*

**Roast Garlic and Lemon New Potatoes**

750g new potatoes	4 tbsp olive oil
2 cloves garlic, crushed	1 lemon, juice and zest
salt and black pepper	

*Preheat the oven to 200C / Gas 7. Put the washed potatoes in a roasting tray. Drizzle half the oil over the potatoes and toss with a bit of seasoning. Roast for 45-50 minutes. Once soft remove from the oven. Mix the garlic with the remaining oil, lemon zest and juice. Spoon this dressing through the hot potatoes and serve immediately.*

Enjoying the summer and outdoor living, all was well with the world - the garden was looking spectacular, I had hoovered up with the new stick, Lainey was asleep on the cushion and I popped onto Google to find out about the little red dragonflies which had been hovering over my pond. I'd never seen them before, only the iridescent blue ones. The first entry at the top of the page was their symbolism. They are apparently very rare.

I quote '...red dragonfly symbolism and death are intimately entwined as the end of life's illusions through transformation'.

Great.....they are grim reapers. My perfect summer day ruined. I then checked a picture of a red dragonfly – phew, thank heavens, ha, it was a different beast. On further investigation I discovered that mine are 'damselflies'. I live to fight another day..... life's illusions continue.

I hope you have a good week,

Kind wishes,

Isobel