

Monday 8th October 2018

Dear Customer,

I hope this finds you well. The weather is still holding up quite nicely isn't it, a slow and kindly descent into the winter gloom. I'm making the most of staring at my garden before it goes brown. The roses are so abundant this year and my hydrangeas have gone a deep crimson for the first time ever.... very pretty.... but a bit peculiar.

In the bags this week we have delicious, nutritious cauliflowers - an excellent source of vitamin C, vitamin K, B6, B5, folate, omega 3, magnesium, potassium and much more. You could roast it. Toss the florets and leaves in a bowl with some oil, salt, garlic and possibly some rosemary. Put in a roasting tin and roast for 25-30 minutes at 230C/ Gas 8 until lightly browned and tender. Or you could try one of these tasty recipes:

Cauliflower, Sweet Potato and Chickpea Curry

150g sweet potatoes, diced in 3cm cubes	1 onion, chopped
2 cloves garlic, crushed	1 tbsp olive oil
1 tsp cumin seeds	2½ tbsp curry powder
400g tin chopped tomatoes	350ml vegetable stock
200g tinned chickpeas, rinsed, drained	150g cauliflower florets
300g rice	1 cardamom pod
1 tbsp chopped coriander	

Put the sweet potato in a pan and cover with water. Bring to the boil then reduce and simmer for 10 minutes, drain and set aside. In a large pan over a medium heat saute the onion and garlic in the oil until softened and turning golden. Stir in the curry powder, cumin seeds and tomato puree and cook for 2-3 minutes, with a splash of water if needed. Stir in the chopped tomatoes, vegetable stock, chickpeas, cauliflower and parboiled sweet potato. Cover with a lid and simmer on a medium heat for 20-30 minutes until the vegetables are tender then stir in the coriander and cook for a further couple of minutes. Meanwhile cook the rice.

Roasted Cauliflower Tart with Walnut Crust and Lemon Herb Filling

1 medium cauliflower, chopped in florets	2 tbsp olive oil
½ tsp sea salt	
for the crust:	
50g toasted walnuts	40g rolled oats
½ tsp baking powder	120g spelt flour
½ tsp sea salt	pinch black pepper
3 tbsp olive oil	2 tbsp soya or almond milk

filling:

2 tbsp olive oil	2 medium onions, finely sliced
5 cloves garlic, finely chopped	salt and black pepper
pinch of ground turmeric	3 tbsp fresh lemon juice
60g soya or almond milk	

to garnish:

lemon zest	fresh chopped parsley
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To roast the cauliflower, preheat the oven to 200C/ 400F/ Gas 6. Line a rimmed baking sheet with parchment paper. Toss the florets in olive oil and salt and arrange evenly on the tray. Roast for 30 minutes. Turn each floret over and return to the oven for 10 minutes or until the florets are browning. Remove from the oven and set aside to cool while you make the crust. To make the crust reduce the oven temperature to 180C/ 350F/ Gas 4. Lightly oil a 22cm tart tin with a removable bottom and set aside. Place the walnuts, oats, baking powder, salt and pepper in a food processor and blend until coarsely ground. Transfer to a bowl, add the spelt flour and mix well. Drizzle in olive oil and mix until evenly distributed. Add the soya milk and mix again. The mixture should hold together when squeezed but not stick to your hands. Add a little more milk if it's too dry. Press evenly into the prepared tin, trimming excess from the edges. Prick with a fork and bake for 15 minutes. Remove from the oven and set aside. To make the filling warm the oil in a frying pan over a medium heat. Add the onions and saute for 5 minutes or until lightly browned. Add the garlic and cook for another 5 minutes. Turn down the heat to low, add a little salt and continue cooking for another 10 minutes until caramelised. Stir in the turmeric remove from heat and transfer into a food processor. Add a quarter of the roasted cauliflower, the lemon juice, soya milk and a large pinch of black pepper and blend until smooth. Spread into the prebaked tart shell and arrange the remaining cauliflower on top. Bake for 30 minutes.

No news here really from this backwater. The new butchers at the bottom of my road has just opened. It's not in a group of shops, it is our only shop other than walking down into town. I was dreading a window display of pigs heads greeting me each time I swung onto my road, but thankfully nothing is visible. There is a sign up saying 'grass-fed' rather than spending their lives incarcerated in filthy dark sheds. I'm grateful for small mercies but wish it could be anything else.

It's a blustery day here. I have been up on the moors with Lainey, who is getting a taste for chasing rabbits and testing herself to see how fast she can run away into the horizon. All my dogs have done this, it is terrifying. She will be 9 months this week and is now solid muscle. Her favourite thing is bombing me - she runs full tilt at me gathering speed and force then leaps into my stomach. She gets a particular thrill doing it from behind when I don't see her coming. I am nursing all sorts of bent back wrists, dislocated fingers and bruised ribs.

I'm a bit of a current affairs freak, but the world is looking particularly sinister at the moment. I can't watch, t's all become too irrational to cope with. I mean Jesus Christ ! I do sincerely believe we would be better off with computers in charge. Just give them the information, the facts, the moral guidance and let them get on with it. I don't know about an 'autumn of discontent', this is the disintegration of world order, the 'age of chaos', one big, gobby free-for-all.

I hope you have a good week,

Kind wishes,

Isobel