



Monday 21st January 2019

Dear Customer,

I hope this finds you well. Winter visited briefly here in the Dales with a few light snow flurries but then back to sunshine. So all good so far. We have delicious sprout tops in the bags this week. They are extremely nutritious, and like broccoli, have high levels of glucosinolate compounds which are believed to detoxify the body and protect against cancer. They are also particularly high in anti-inflammatory vitamin K. which like calcium builds bone density, and also vitamin C which strengthens the immune system. Who needs to pop pills when they can pop sprout tops. They can be used in any recipes where you would use greens such as kale, cabbage, and indeed sprouts. You can steam them for 5 minutes, or stir-fry them with some sesame oil, chopped garlic and chopped onions, adding the sprout tops with a little water once the onion is tender as they cook quickly.

Or you could try one of these tasty recipes:

Satay Sprout Tops

<i>sprout tops</i>	<i>1 tbsp peanut butter, smooth or crunch</i>
<i>3 tbsp tamari soya sauce</i>	<i>1 tbsp tomato puree</i>
<i>1 tbs grated ginger, optional</i>	

Trim and cook the sprout tops in boiling salted water for 5-6 minutes or until al dente. Drain but keep some water aside. Mix the peanut butter, soya sauce and tomato puree, and the ginger if using, to a smooth paste. Oils a frying pan or wok. Quickly fry the sprout tops in the pan, then add the satay sauce, stirring everything so it is well-coated. Add a little of the sprout top cooking water if it's too thick. Heat until warm then serve immediately.

Sprout Tops with Tofu

<i>400g tofu</i>	<i>3 tbsp soya sauce</i>
<i>2 tbsp sesame oil</i>	<i>juice of ½ lime, or some lemon</i>
<i>1 tbsp fresh grated ginger</i>	<i>3 cloves garlic, minced</i>

Cube the tofu. Combine in a bowl the soya sauce, sesame oil, lime juice, ginger and garlic. Heat a non-stick pan and cook the tofu with half of the sauce. Remove the tofu, add the rest of the sauce and the chopped sprout tops and cook to just tender. Serve with a sprinkle of red pepper flakes and toasted sesame seeds.

Onion Fritters

<i>225g onions, cut into semi-circles</i>	<i>1/8 tsp red chilli powder</i>
<i>1 tsp grated ginger</i>	<i>3 tbsp chopped coriander</i>
<i>½ tsp cumin</i>	<i>pinch turmeric</i>
<i>4 tbsp chickpea flour, gram flour</i>	<i>pinch salt</i>
<i>oil for frying</i>	

Mix the onions, chilli powder, ginger, coriander, cumin and turmeric in a bowl. Dust with chickpea flour but do not mix in yet. About 15 minutes before eating, add the salt and hand-mix the onions into the dry ingredients, mashing it all for about 5 minutes or until the slices clump together. Put 1cm of oil in a frying pan over a medium heat. While it's warming, make 12 rough patties from the onion mixture, placing them in a single layer on a plate as you make them. Onion pieces will stick out but that's how it should be. When the oil is hot, turn up the heat to medium low and add half the patties in one layer. Cook for a minute then flip them over and fry for another minute then flip again and so on, until they are reddish gold and crisp. Drain on kitchen paper and cook the other batch. Serve hot with some chutney.

That bug I thought I had, in the end didn't come to anything. But now I really am miserable as I can't walk. On Thursday Lainey was playing with her best friend Stanley, a golden retriever, on the Trust land opposite my house. They came hurtling towards me sideways and Stanley smashed into my leg. I lay where I fell, in the grass, in agony, my knee, 'this is bad', I thought. I managed to get back to the house but by several hours later I couldn't walk. I had to sleep downstairs on the sofa and could just about hobble to the bathroom using the mop as a walking stick.

A woman up the road had her leg broken by her two dogs last year and also an elderly lady I met on the racecourse had had her leg broken by hers. Feeling marginally more mobile today and with the aid of the mop, head now detached, I drove into town and went to the Yorkshire Trading Company where I bought a proper walking stick. That's the long, thin shop with no windows that's like a Chinese shipping container, where you can't breathe for chemicals. Luckily they had one, it was only £1.99. I told the sales assistant what had happened and she told me she had a bad hip and a damaged elbow after her spaniel tipped her over. This leads me to believe that our A & E must be full of dog walkers. Those disarming big black noses and fluffy, floppy ears, heads cocked to one side....beware, they are crazy beasts.

As for IT. Well, it's time we all down tools, pack our bags and go, leave them to it, leave the country. Tell them we aren't coming back until they've sorted it out. I think they absolutely love it, it has unleashed their inner narcissism, their inner megalomania, being the centre of attention, wielding their power over history and our futures, the blackmail, the political games, the audience. Rubbing their hands in glee, they are in their element.

One day in a faraway world, when we know what's happening, when there's a plan, we will arise like a phoenix from the ashes of this political apocalypse. And that will be entirely down to our adaptive and industrious citizens and not our stupid politicians.

Hope you have a good week,

Kind wishes,

Isobel