



**Monday 10th June 2019**

Dear Customer,

Autumn and winter had been remarkable for not raining at all but we're getting it now. I just checked the forecast, it's rain as far as the eye can see. At least it's a soft, warm rain, but it's still wet, and by necessity, it's grey. Having said that, today, Sunday is absolutely glorious, a short respite before it starts again tomorrow. It's good growing weather. We have the first new season bunched carrots in the bags this week from East Suffolk and the first bunched onions from Strawberry Fields in Lincolnshire.

Here are a couple of tasty recipes you could try:

**Courgette Daal with Carrot Fritters**

2 onions	2 courgettes
2 tbsp mild curry powder	thumb of ginger
2 cloves garlic	handful coriander
4 tbsp oil	sea salt
freshly ground black pepper	50g coconut cream
1 tbsp demerara sugar	1 vegetable stock cube
500ml boiling water	150g dried red lentils
3 carrots	1 Hen Nation egg

*Thinly slice the onion and dice the courgettes into small pieces. Make the curry. Spoon ½ tbsp mild curry powder into a food processor then peel and grate in the garlic and ginger. Separate the stalks from the leaves of the coriander, set aside the leaves and add the stalks. Add in 1 tbs oil and some salt and pepper then blend until smooth. Pour 1 tbsp oil in a pan on a medium heat and add the sliced onions and curry paste and fry for 5 minutes until the onions are softened. Add the diced courgette, crumble in the coconut cream and vegetable stock cube and the sugar. Pour in 500ml boiling water, add the lentils, stir and bring to the boil. Cover and let simmer for 25 minutes until the lentils are tender and have thickened. While the daal is cooking coarsely grate the carrots into a bowl. Add ½ tbsp mild curry powder, and tear in the coriander leaves and a little salt and pepper. Crack in the egg and stir to combine. Pour 2 tbsp olive oil into a frying pan and warm to a medium-high heat. Drop large spoonfuls of the spiced carrot mixture into the pan. Fry for 3-4 minutes then flip over the fritters and cook for 3-4 minutes on the other side – they should be crispy. Season the daal to taste and serve in bowls topped with the carrot fritters.*

**Courgette Burgers**

2 courgettes	1 small carrot
1 medium onion	1 x 400g tin chickpeas
2 cloves garlic, peeled and finely chopped	6g fresh parsley, chopped
1 tsp paprika	15ml olive oil
40ml sunflower oil	100g crunchy peanut butter
2 slices bread, chopped into small cubes	brioche buns
4 slices smoky cheddar cheese (optional)	lettuce, onion rings, tomatoes, to serve

*Peel and grate the carrot and grate the courgettes. Peel and chop the onion finely. Sauté the onion in the olive oil in a large saucepan for a few minutes until transparent and tender but not browned. Add the chopped garlic and cook for a further minute. Add the grated carrot and courgette and cook until just softened. Put the drained chickpeas into a food processor along with the parsley, peanut butter, chopped bread and paprika, then mix to a paste. In a bowl, add the grated vegetables and onions with the chickpea purée, season with some salt and black pepper and mix to combine. Divide the mixture into 4 rounds, then flatten to make 4 patties. Toast the burger buns on the cut side. Sauté the burgers in the sunflower oil in a saucepan for about 3 to 4 minutes each side. Serve in the toasted burger buns with salad and top with a slice of smoky cheddar if using.*

Nothing to report here. Still not found my 'raison d'être'. I took Lainey for a long, circular walk this afternoon, it had been Myfa's favourite walk. It has everything a dog could dream of, passing through woods and pastures, over streams, by waterfalls, rabbits scampering everywhere. I sat by a stream a while and Lainey lay next to me. I heard a thumping, she was wagging her tail, beating it on the ground, she was so happy just in that moment. It made me realise that actually, it's ok just to 'be' sometimes, just to be alive with no purpose, to have no 'raison d'être'. I'd been so worried by my lack of motivation especially since I was always so motivated. I think I'm still recuperating from the 'near bankruptcy' years. The adrenalin pumping fight for survival, waking up each morning wondering if there'd be enough money to put fuel in the vans to get the produce delivered, wondering if today would be the day we would default on the high interest loan and it would all come crashing down taking my house, the business, the sheep, the jobs. It was like that for years and really it is only in these last months that I feel we have come through it.

I was always too optimistic, a dangerous thing when combined with an entrepreneurial spirit and a desire to innovate and make a difference to what one cares about. I keep hearing about businesses which are still trying to recover from the financial crash of a decade ago. Well that was us too. We were caught up in the RBS scandal, they wrote down the value of our property and withdrew our facilities overnight with no warning, bounced our cheques, destroyed our credit rating and fed us to the sharks.

On Friday Teresa May slipped off quietly, back to the wild and trampling farmers wheat crops. Our next leader may well be Boris but I am as much concerned about who will be the next Environment secretary. In Michael Gove, for the first time, we had a friend, he was on the side of the environmental campaigners, on the side of the animal rights protesters and not afraid to stand up to the NFU. It really gave cause for a little optimism. There will be a new Cabinet and then heaven knows who will be in this post.

I hope you have a good week,

Kind wishes,

Isobel