



**Monday 1st July 2019**

Dear Customer,

I hope this finds you well. It's Saturday afternoon and today was supposed to be our summer, 28C and wall to wall sunshine. Everyone had plans – the seaside, picnics, barbecues. As the week went on our forecast was downgraded from full sun all day, to full sun part of the day, to then full sun perhaps a bit. Well it really is a bit, it's very grey and very muggy .... better than 45.9C though.

Here a few recipes you could try this week:

**Cabbage, Carrot and Coconut Curry**

<i>3 tbsp vegetable or coconut oil</i>	<i>2 tsp mustard seeds</i>
<i>1 tsp curry powder</i>	<i>1 tsp red chillies</i>
<i>30g fresh root ginger grated</i>	<i>½ tsp turmeric</i>
<i>salt and pepper</i>	<i>1 tsp cumin seeds</i>
<i>250g pointed cabbage, shredded</i>	<i>2 carrots, diced</i>
<i>2 green chillies, sliced in rounds</i>	<i>100g dessicated coconut</i>

*Heat the oil in a pan and add the mustard seeds, curry powder, cumin seeds and chillies. After 30 seconds add the ginger, turmeric, salt and pepper and fry for 30 seconds. Stir in the cabbage and carrots and cook over a medium heat for 5-7 minutes or until the vegetables are tender. Add a splash of water if they stick to the pan. Serve with rice. If you prefer a wet rather than dry curry, simply substitute the dessicated coconut for ½ a tin of coconut milk and cook until thickened. Serve with rice.*

**Courgette, Pepper and Potato Bake**

<i>2 medium courgettes, in large chunks</i>	<i>450g potatoes, in large chunks</i>
<i>1 or 2 Romano peppers, deseeded and chopped</i>	<i>1 clove garlic</i>
<i>60g breadcrumbs</i>	<i>4 tbsp olive oil</i>
<i>paprika, to taste</i>	<i>salt and pepper, to taste</i>

*Preheat the oven to 200 C / 390F/ Gas 6. In a medium roasting tin, toss the courgettes, potatoes, red pepper, garlic, breadcrumbs and olive oil together. Season with paprika, salt and pepper. Roast the vegetables for 1 hour in the preheated oven, stirring occasionally, until potatoes are tender and golden brown.*

It was nice to get out of Yorkshire last week and visit Shropshire – see some different grass verges and hedges, and some different sheep. My aunt had cooked a delicious 'chestnut and shallot bourgignon' for lunch with new potatoes, cauliflower and chocolate cake. I invited them for afternoon tea the next day so set off to Ludlow to do some shopping for it with the friend I was travelling with. We didn't even have to go into Ludlow, there was a massive farm shop on the outskirts with a cafe and a restaurant. She waited with Lainey in the car while I went in. I felt furious seeing this fabulous shop selling everything under the sun, so many beautiful foods with cakes and breads hand baked on the premises, local jams, juices, honeys and fresh produce and I thought of wretched Richmond market with it's grade 2 Spanish vegetables sourced from Middlesbrough fruit and vegetable wholesale market and the stall selling out-of-date, jumbo-sized packs of broken biscuits. I felt sick. Then I saw 'Boycie' from Only Fools and Horses in the aisles pushing an overflowing trolley. Must live in the area. I bought the afternoon tea ingredients and went back to the car. Then it started. " No income tax, no VAT, no money back, no guarantee.....long live Cookie Street, c'est magnifique Cookie Street...". It went on and on and on in my head, like a virus invading a cell.

We set off back, cutting it fine, my relatives would be there in an hour or so. Both our phones were flat and the map had been left in the cottage. We tried to retrace our steps back towards the village of Hopton Castle where the cottage was, there were no signs, we were going in circles miles and miles round a labyrinth of narrow lanes. Eventually there was a sign, phew, we drove into the village. We got there and didn't recognise anything, we'd never been there before. There was no point asking anyone for directions. Directions to where ? A little cottage somewhere roughly 10-15 miles from Ludlow that we thought was in Hopton Castle. It was getting later and later, all we could do was keep driving round in circles. Suddenly we seemed to be driving up into the Black Mountains, we were climbing, a deep valley below, and my aunt and uncle would be arriving at the cottage in 5 minutes if they could find it and I didn't have their number. And all the while .." No income tax, no VAT, no money back, no guarantee..." going round and round on a loop in my head. Eventually, eventually we found it, just by chance.

We were coming home via Birmingham, picking a puppy up there for my friend. Me being as stubborn as usual and refusing to drive on the motorway it took us about 10 hours to get back, in the torrential rain. I certainly know how to give myself a stiff back ....and anyone else I'm travelling with. And all the while... 'long live Cookie Street..... no income tax, no VAT...'

I've been mulling over antibiotics, brought on by remembering my dad always saying 'it's just penicillin' whenever the Mother's Pride bread was mouldy. It was one of the greatest gifts to humanity and its over-use has been one of our greatest crimes against humanity. To render them ineffective by prescribing them for every sore throat, flu and cough, and worse, by routinely feeding them to factory farmed animals so they could be kept crammed by the billion, the world over, into disgusting filthy sheds and cages and keep infections at bay. There will be a price to pay, and yet again, it is our future generations who will pay it. While they say 700,000 die globally each year currently from antibiotic resist infections, aka superbugs, it is predicted that 10 million a year will die by 2050. I believe both are grossly, grossly, grossly underestimated. In India sales of antibiotics are unregulated.

In China sales are unregulated too where they produce and consume 210,000 tons annually. Nearly half is fed to livestock where it goes into the manure and soil where crops are produced and into the drinking water supply again increasing resistance.

Samples have been taken from 711 rivers across 6 continents and antibiotics were found in most of them. One location in Bangladesh was 300 times over the environmental safety limit. With another 2 billion people expected to be added to the world population in the next 30 years all I can say is 'enjoy it while you can', we are living on borrowed time.

It's Farmaround's 25<sup>th</sup> Anniversary this week. Our Silver Anniversary. Aw ☺

Best wishes,

Isobel