



Monday 6th Septmeber 2021

Dear Customer,

I hope you are well. It's been a drab, grey week with rain overnight and drizzly fog this morning. Yet tomorrow we are all set for summer's last hoorah, two days of sunny Mediterranean weather, before trailing off into autumn.

Schools are back, the end of the holidays for some, and the beginning for others who've been lying in wait for a hope of finding some accommodation. It hasn't been very nice weather this august for staycationers, but then it never is. By the end of July we've usually had all we're going to get. So let's enjoy these two freak, sun-soaked days and get as much vitamin D as possible to get us through the winter.

We have delicious golden beetroot in the bags this week. You could roast them. Preheat the oven to 200C/ 400F/Gas 6. Cut off the leaves, leaving an inch or so of stalk and leave the root tails. Wash and pat dry. Place in a roasting tin and drizzle with olive oil making sure they are well-covered and sprinkle with sea salt and thyme. Bake in the pre-heated oven for 45 minutes or more, depending on size, until they are soft but not shrunken. Rub off the skin, chop the beetroot up and add a drizzle of olive oil, sprinkle more salt and thyme to serve. The leaves can be added to a salad or used as greens in other recipes.

The patty pan squash you could cut into slices with skin on and fry for 5 minutes or so until tender. Toss in lemon juice and season before serving. To roast, chop into slices, put in a roasting tin, drizzle with olive oil and season, then cook in a preheated oven at 200 C/ 400F/ Gas 6 for 30 -40 minutes until tender and golden.

Roasted Cauliflower and Garlic Soup

1 cauliflower	small onion, quartered
1½ tbsp olive oil	1½ tsp cumin seeds
8 garlic cloves, 6 unpeeled, 2 finely sliced	20g sunflower seeds
400g tin cannellini beans, rinsed	500ml hot vegetable stock
1 tbsp cider vinegar	

Preheat the oven to 200°C/ 400F/ Gas 6. Trim the base of the cauliflower, removing any large, tough leaves. Cut off the smaller leaves and set aside, halving any thick stems. Roughly chop the remaining cauliflower and put in a roasting tin with the onion. Toss with 1 tbsp olive oil and 1 tsp cumin seeds; season. Add the unpeeled garlic cloves and roast for 10 minutes. Add the reserved cauliflower leaves and roast for 20-25 minutes more, until golden. Just before the cauliflower is ready, toast the sunflower seeds in a small frying pan on a medium heat; tip onto a plate. Heat the remaining ½ tbsp oil in the same pan and fry the sliced garlic and ½ tsp cumin seeds for 1 minute, until golden; set aside. Remove the garlic and cauliflower leaves from the roasting tin. Tip everything else into a blender. Squeeze in the garlic from its skins, then add the beans, stock, cider vinegar and 200ml water. Whizz until smooth; season. Serve topped with the cauliflower leaves, sunflower seeds and garlic oil and serve with crusty bread.

Kale and Cauliflower Cheese Pasta Bake

1 medium cauliflower, trimmed	1 tbsp olive oil
small onion, sliced	2 cloves garlic, sliced
250ml organic milk	200g penne pasta
150g kale leaves shredded	1 tsp Dijon mustard
½ lemon, juice	50g organic Cheddar

Preheat the oven to 200°C/ 400F/ Gas 6. Finely slice ½ the cauliflower and cut the other ½ into small florets. Heat the oil in a large saucepan over a medium heat and fry the onion and garlic for 2 minutes. Add the sliced cauliflower and a pinch of salt to the pan. Cover and cook for 10 minutes, stirring occasionally. Uncover, add the milk and simmer gently for 5 minutes.

Meanwhile, bring another large saucepan of water to the boil. Add the pasta and simmer for 3 minutes, then add the cauliflower florets

and simmer for a further 3 minutes. Add the kale and simmer for a final minute. Scoop out a mugful of the cooking liquid, then drain. Tip the cauliflower and milk mixture into a blender with the mustard, lemon juice and 200ml pasta cooking liquid. Whizz until smooth and season. Toss with the pasta, cauliflower florets and kale plus 35g Cheddar. Tip into a baking dish. Scatter the remaining cheese on top and bake for 15-20 minutes, until golden.

I'm sorry for the either missing, or grey and drab newsletters of late. These are worrisome days. Tragic days – the climate, Afghanistan, Geronimo. With the pandemic we are so polarised in our views. Many think we are practically through it, nearly out the other side. Others fear what the autumn will bring, with around one in 50 of us symptomatic, plus the asymptomatics. And this, before schools return. I look around Richmond, the pubs and restaurants are full, almost no one wearing masks or social distancing, including very elderly people - early vaxxers whose immunity is now waning. It's disappointing the vaccine doesn't prevent transmission. If it doesn't end transmission, how can the pandemic ever end. It could go on, just like this, forever. It's now down to each of us to evaluate our own risk, set our own parameters, (or none at all), and live within them. The more vulnerable or the risk averse we are, the tighter the parameters and the more constricted our lives. Who would have thought this was coming down the road at the beginning of 2020. If this bloody thing came out of a test-tube

Brian, our driver, has got a new phone. With the departure of his old one, is the departure of an umlaut over every 'u'.

Something that made me laugh every time I got a text from him. It never failed to amuse me in some 7 years.

Kind wishes and hope you have a good week,

Isobel