



**Monday 4<sup>th</sup> July 2022**

Dear Customer,

This doesn't feel like England. It is hot and arid. The rivers are almost dry, the grasses are yellowing and crisp, and the grasshoppers have started up their rhythmic chirping - the sound of hot summer. The sound of Provence not Yorkshire. Everything smells different, of baked earth and pines. The only difference between us and the Mediterranean is sun and 10C. Otherwise we too could have fig trees, lemons, hibiscus, and outdoor living. The sky is cloudless, that perfect blue. Just so worried about the peaches going out in the vans this week. They are from Languedoc Roussillon in the south of France and we get them sun-ripened rather than hard as bullets. But that comes with a risk.

The English season is getting into gear and we have Suffolk bunched beetroot in the bags. You could peel and grate them raw into your salads or boil them in their skins until tender, leaving about 2½ cms of top and tail. Or you could one of these tasty recipes:

#### **Roast Beetroot with Ginger and Tahini Dressing**

500g beetroot, trimmed and cut into wedges

4 thyme sprigs

½ large lemon, juice

1 tsp finely grated ginger

¼ tsp ground turmeric

4 tbsp olive oil

2 tbsp tahini, well stirred

1 tsp honey or maple syrup

1 small garlic clove, crushed

*Preheat the oven to 190°C / Gas 5. Toss the beetroot wedges with 2 tbsp olive oil, season and spread out in a roasting tin. Roast for 20 minutes. Stir in the thyme and roast for 20-25 minutes, until the beetroot is tender. Put the remaining 2 tbsp oil in a small blender with the tahini, lemon juice, honey or maple syrup, ginger, garlic and turmeric. Add 100ml lukewarm water, season and blend until smooth. This makes a thick dressing, so loosen it with a little extra water, if liked. Spoon the dressing over the roast beets and serve with some griddled flatbreads, if liked.*

#### **Roast Beetroot Spaghetti**

500g bunch raw beetroot, scrubbed

tbsp olive oil

300g spaghetti

chopped

1 handful dill, roughly chopped

1 large onion

2 garlic cloves, unpeeled

75g walnuts, toasted and roughly

*Preheat the oven to 200°C / Gas 6. Top and tail the beetroot; cut into 1-2cm wedges. Cut the onion into 8 wedges. Toss the beetroot and onion in the oil on a roasting tray, season and roast for 20 minutes. Add the garlic and cook for 15 minutes more, until the beetroot is tender and easily pierced with a knife. Meanwhile, cook the spaghetti for 1 minute less than pack instructions. Scoop out a mugful of the cooking water, then drain. Put half the cooked beetroot in a blender along with the onion, 65g toasted walnuts and a pinch of salt. Cut the ends off the garlic and squeeze the cloves out of their skins into the blender. Add 6 tbsp reserved pasta water and blend until almost smooth. Return the spaghetti to the saucepan over a low heat and stir through the beetroot sauce, with a little more pasta water if needed. Season and serve scattered with the dill, remaining beetroot wedges and walnuts.*

#### **Beetroot, Carrot and Orange Salad**

500g carrots

olive oil

1 tablespoon sesame seeds

extra virgin olive oil

500g raw beetroot

2 oranges

fresh coriander

*Preheat the oven to 200°C/ Gas 6. Trim, peel and halve the carrots, then scrub the beets clean, and chop into wedges.*

*Parboil the carrots in a pan of boiling salted water for 5 minutes, then transfer them to a colander using a slotted spoon.*

*Carefully lower in the beets and parboil for 5 minutes, then drain (parboiling separately will stop the carrots from turning purple).*

*Transfer the carrots and beets to a large roasting tin, drizzle with olive oil and season with sea salt and black pepper. Roast for 30 to 40 minutes, or until sticky and shiny, jiggling the tray occasionally for even cooking. Meanwhile, finely grate the orange zest. Trim off the skin and pith, then cut the orange into segments. Toast the sesame seeds in a dry pan on a low heat for a couple of minutes or until golden, tossing regularly. Roughly chop the coriander leaves. Let the roasted veg cool a little, then toss with the orange zest and segments, a good lug of extra virgin olive oil and extra seasoning. Arrange on a large platter with toasted sesame seeds and coriander leaves scattered over.*

What a surreal week it was, watching, as our government imploded. Surreal. But the old normal, the one we used to rely on, is long gone. We have entered the age of chaos. We truly are a basket case, making a global spectacle of ourselves. Where words fail us, the Benny Hill theme tune which blasted out across Westminster and across a Sky News interview, said it all.

So finally, he has almost gone..... that affable rogue. But what delight awaits us in the form of a new Prime Minister. Everyone is running, they all want it, feel equally capable of leading our country. It feels like we've all been taken hostage. Hostages with no control whatsoever over our destiny.

Hope you have a good week,

Kind wishes,

Isobel