



**Monday 15th August 2022**

Dear Customer,

It's Sunday afternoon and boiling. Straight in with a few tasty recipes you could try this week:

**Butternut Squash Fettuccine**

1 tbsp olive oil  
butternut squash, peeled and cut into 1cm dice  
1 small onion, finely diced  
8 large sage leaves, finely shredded

60g margarine  
350g fettuccine  
3 cloves garlic, finely chopped  
½ lemon, juice

Heat the oil and 15g margarine in a large frying pan or sauté pan over a medium-high heat. Add the squash, cover with a lid and cook, stirring regularly, for 10 minutes until the squash is tender and turning golden. Meanwhile, cook the pasta to pack instructions. Before draining, scoop out a mugful of the cooking water and set aside. Reduce the heat under the squash to medium and remove the lid. Add the onion and garlic; season. Fry, stirring often, for 5 minutes until soft. In a separate pan, cook the remaining 45g margarine over a high heat, swirling occasionally, until nutty and golden. Add the sage. Tip the cooked pasta into the pan with the squash and add the brown margarine, lemon juice, some cooking water and toss through.

**Butternut Squash and Black Bean Burritos**

1 squash, peeled and cubed  
1-2 tsp olive oil  
2 garlic cloves, crushed  
2 tsp ground cumin  
1 tin black beans, drained and rinsed  
dairy alternative

75g short grain brown rice  
6 spring onions, chopped  
salt, or to taste  
¼ tsp cayenne pepper, or to taste  
85g Cheddar cheese, grated, or non-

**To Assemble:**

4 large tortilla wraps  
or non-dairy alternative )

salsa, lettuce, coriander, sour cream (

Preheat the oven to 220C / Gas 7 and line a large glass ovenproof dish with foil. Drizzle the squash with oil and season. Coat with your hands and roast for 45 minutes or until tender. Cook the rice according to packet instructions. In a large frying pan over a medium-low heat, add the oil, spring onion and crushed garlic. Fry for about 5 minutes, stirring frequently. Add salt and spices and stir well. Add the beans and cooked rice and fry for another 10 minutes on a low heat. When the squash is tender, remove from the oven and cool slightly. Add to the frying pan and mash any large pieces with a fork. Add the cheese and heat for another few minutes. Assemble the tortillas along with any desired toppings.

**Green Bean, Potato and Halloumi Tray Bake**

700g potatoes, chopped in bite-size chunks  
3 tbsp olive oil  
225g halloumi, cut into 2cm cubes  
fresh basil

5 cloves garlic, in skins  
200g French beans, halved  
1 squeeze lemon

Preheat the oven to 200C / Gas 6. Put the potatoes in a large roasting tray with the garlic. Add the olive oil then season and toss to combine. Roast for 30 minutes. Remove from the oven and add the beans and halloumi. Toss to combine, the spread all into a single layer. Return the tray to the oven for 15 minutes until the beans are tender and the cheese is starting to caramelize. Add a generous squeeze of lemon juice and toss everything again. Scatter with the basil and black pepper to serve.

I'm just back from taking Lainey to the river at Reeth, upstream of the bulk of the sewage discharges. There was just enough depth for her to swim, which, as of this heatwave, she is really enjoying. But as soon as the water gets in her ears, it's over, as it was again today. She gets too upset, and we revert to 'splish'. I throw a pebble, she pounces. She could do that forever. Things must be hellish for the water companies at the moment not knowing how to get all their raw sewage out to sea without us noticing. The rivers are dry and there's nothing to dilute it with, nothing to carry it away. One can only imagine how perplexed they are. 'If we pump it in now they'll all see it', 'And smell it'. 'What the hell are we going to do?' 'They're all swimming', 'We'll have to pump it in overnight, what do you think, from 11pm?' 'They are right though aren't they. We are b\*\*\*\*\*.'

Whenever I sit down to write to you, I feel like the guy on Oxford Street wearing his 'The End is Nigh' sandwich board. Is he still there? He might be gone by now. Our problems are so great and our leaders so useless, what on earth are we going to do and why is everything happening at the same time. Humanity is being tested in this third decade of the 21st century. We have the 'thunder showers lottery' to look forward to this week. There will be winners, and those left disappointed. I hope it rains on the farms and on all the growers. Everything and everyone are heat-stressed. It's the whole of Europe, we're all in it together, in this interminable climatic mess. Fast forward a few years and we'll be there with our iced tea and cold flannels watching 'A Place in the Freezing Cold', longing for that chilly holiday home where the sun doesn't shine.

Hope you have a good week and get lucky with the rain,

Kind wishes,

Isobel