



**Monday 13<sup>th</sup> March 2023**

Dear Customer,

It's Monday evening and I'm late. After being snowed in for days we now have gale force winds and rain. It's horrible. I feel sorry for all the little lambs being born into it. Hopefully this will be the back of winter and we can return to the spring which had been coming on so nicely.

We have kalette stems in the bags this week. Possessing the best qualities of brussel sprouts and kale you can cook them in a variety of ways. Cut the little kalettes off the stems at their base. You could stir-fry them in a wok with perhaps some garlic and ginger and a splash of soy sauce until tender. You could steam them or sautee them with some lemon for 3-5 minutes until tender. They are also delicious roasted to crispy: put on a baking sheet and drizzle with oil and sweet soy sauce, or drizzle with honey and chopped hazelnuts; toss to coat and roast in the oven preheated to 180C / Gas 4 for 5-10 minutes depending how crispy you want them. You could also add some sesame seeds or chilli flakes.

Here are a few tasty recipes you could try this week:

#### **Roasted Kalette Pasta**

300g pasta shells

2 tbsp olive oil

3 sundried tomatoes, sliced

2 tbsp pine nuts

1 avocado, chopped into cubes

150g kalettes, halved

4 cloves garlic, minced

10 kalamata olives

juice of ½ lemon

fresh basil

*Preheat the oven to 200C / Gas 6. Cook the pasta to packet instructions. Brush a casserole dish with oil and arrange the kalettes facing up and scatter the olives, sundried tomatoes and garlic on and around them. Sprinkle with salt and pepper and a drizzle of olive oil. Roast for 8 minutes in the oven. Drain the cooked pasta, mix in the lemon juice and 1 tbsp olive oil then add to the kalette pan. Add the avocado, pine nuts and basil to the pan and stir together. Season and serve.*

#### **Spinach Pancakes**

125g self-raising flour

½ tbsp sugar

1 tbsp creamy margarine or organic butter

50g spinach, shredded

1 tsp baking powder

2 Hen Nation eggs

100ml organic milk or plant milk

maple syrup to serve

*Put the flour, baking powder, sugar, margarine or butter, milk and spinach in a blender until you get a smooth, bright green batter. Heat a little more margarine or butter in a frying pan over a medium heat and add small dollops to the pan, 2 or 3 at a time. Cook for 2 minutes until the edges are set and bubbles are rising to the surface, then flip and cook for 1-2 minutes more. Serve with some fruit and a drizzle of maple syrup.*

Being at the top of the hill I never usually attempt to get the car out in snow or ice but I had urgent errands. I got out ok but when I got back home I couldn't make it back onto the drive missing the wall by millimetres in a slow skid. All I could manage was to get stuck straddled across the layby opposite my house, which also acts as a sort of turning circle around a sycamore tree. I would just have to leave it there until the thaw. I then had a painful afternoon watching car after car arrive and have no way of turning round in the snow because my car was in the way - wheels spinning, cursing.

Next morning, it was still snowed in. I have no spade so I had to dig my car out and clear my drive with a hoe.

Do you remember the fundraising campaign I did for Bekaa rescue shelter in Lebanon in memory of our beloved driver Terry - and that so many of you so kindly donated to. I've carried on trying to support Rawaa as much as I possibly can. Back then she had about 60 dogs and now she has 165. Every day she is rescuing animals that have been shot or run over: litters of puppies abandoned in ditches. I'm worried about her as she can't cope and yet would never not rescue a dog in need, or a cat. It's a nightmare.

Well, I am preparing for the arrival of Ruby, flying into Heathrow from Beirut. A beautiful dog, she was found as a puppy on her own on the side of a main road. She's just over 1-yr old now but has never been outside the shelter except for 5 minutes to have her photo taken. I will try and find a loving home for her. It's not much, but if I can bring the odd dog over here, it at least it frees up some space for her to take others in. So if anyone is looking for a rescue dog, please let me know !

I have searched and searched for a voice speaking up for nature and the environment here. Not a word ever from anyone, it's almost taboo. The only person to have posted on local social media about sewage, the destruction of our habitats and wildlife etc., is me. And yet, we have a Green Party councillor. I didn't know this, as in the whole time I've lived here there has been not a peep from them - not in the local press, nothing through doors, no presence ever in the town. I searched and found the local Green Party Facebook page, there were a few posts about the solar farm and that was it. I added a post enquiring as to why they weren't speaking out on the nature crisis and the sewage being pumped into our beautiful river. No response, brushed under the carpet. So I sent a message to the Green Party head office to complain.

Next thing I started receiving emails from the representatives of the local Green Party saying they didn't know anything about social media and weren't very good at it. In the email they asked if I could do their social media for them. Then I got an email saying that on Saturday they were going to be outside Tesco, they'd written a letter to Sunak about the sewage and were going to go to get a petition signed, and was I interested in going. Did I want to add my name to the letter. Honestly if you'd seen the letter. They'd obviously had a telling off, and to be honest, they needed it. People vote for them here because they are the Green Party, not realising they're doing sod all, just riding on a set of values.

I said I didn't have time but could help with some advice on social media if they could find a local party member who could manage it. Next thing the party member responsible for social media ( so there was one ), emailed me and said there wasn't really anything happening that she could post about. Oh dear. She's ringing me tomorrow and I shall let her know what's happening !

I hope you have a good week.....Kind wishes, Isobel