



## **Monday 13th August 2012**

Dear Customer,

We have black Palieri grapes in the fruit bags this week and Black Amber plums and Sicilian peaches and nectarines. We have rainbow chard and new season swedes from the Yorkshire Moors, carrots with tops, mixed courgettes, cherry tomatoes and broccoli from Ormskirk and Nicola new potatoes and Batavia lettuces from Jonnie Watson in Tadcaster. Here is an interesting little recipe you could try with your ingredients:

### **Savoury Bread Pudding with Rainbow Chard and Red Pepper**

420ml milk	4 oz stale baguette
2 garlic cloves	300g chard, chopped
1 tbsp olive oil	1 small onion, chopped
1 red peppers, diced	½ tsp chopped rosemary
4 eggs	2oz Gruyere, gates
1oz Parmesan, grated	

*Slice the bread about ¾ " thick. Cut one of the garlic cloves in half and rub each slice with the cut side of the garlic. Mince all the remaining garlic and set aside. Place the bread in a bowl and toss with 240ml of milk. Refrigerate for 1 hour turning occasionally.*

*Meanwhile, stem and wash the chard. Steam over 1" of boiling water until tender, about 2 minutes. Transfer to a bowl of cold water, drain and squeeze out excess water. Preheat oven to 350F. Oil a 10" baking dish. Heat the olive oil over a medium heat in a large frying pan and add the onion, cooking for about 3 minutes until it softens then add the red pepper. Cook until tender, about 5 minutes. Add a generous pinch of salt, the garlic, rosemary and chopped chard and stir together for a minute. Then remove from the heat. Remove the soaked bread from the fridge. Mash or beat the soaked bread to it turns to mush. Add the cooked vegetables to the bowl and mix together. Scrape into the oiled baking dish and top with the grated cheese. Break the eggs into the bowl and beat with the remaining milk, salt to taste and freshly ground black pepper. Pour over the bread mixture and place in oven. Bake for 50-60 minutes, until the mixture is puffed, golden brown on top and set. Remove from the heat and allow to cool for 10 minutes before serving.*

I hope you have enjoyed the Olympics. Wasn't Tom Daley delighted with his Bronze in contrast to those two rowers who were utterly, utterly devastated by their Silver. It was very funny.

My friend Helen has written and filed the following piece for our newsletter:

"As a proud Lancastrian I have for years ribbed Isobel about coming from Yorkshire – but this past week rivalry between our two counties has been replaced with respect.

If Yorkshire were a country in its own right, the White Rose county would be higher in the Olympics medals table than the sporting powerhouse of South Africa. Some put it down to the beer, others the water, many the weather – but as Gold medal-winning flyweight boxer Nicola Adams from Leeds – who won the first ever boxing medal by a woman at an Olympic Games – summed it up after clinching her win: "it's the Yorkshire puddings".

As a national newspaper journalist I have had the task of totting up the medals tally at the end of each evening over the past two weeks – and slowly it dawned on me – Yorkshire lads and lasses kept scooping gold, silver and bronze. At the last tally Yorkshire had 8 medals and South Africa six. This would put an independent Yorkshire 1<sup>st</sup> in the medal table.

Wins also include heptathlon athlete and golden girl of the Games Jessica Ennis from Sheffield, cyclist Ed Clancy from Huddersfield who won gold in the men's team pursuit; cyclist Lizzie Armistead from Otley; Nicola Wilson from Northallerton for the team eventing and the Brownlee brothers, Alistair and Jonnie, from Horsforth, who took gold and bronze in the triathlon.

On Saturday night boxer Luke Campbell, from Hull who won gold in the bantamweight final took Yorkshire's medal haul to five gold, one silver and two bronze.

My own county of Lancashire would have got four medals – with Yorkshire top – if there were a team GB county medals league table.

But what is the secret to Yorkshire's success? Legendary Yorkshire umpire Dickie Bird sums it up: "The Yorkshire competitors have done absolutely brilliantly. Yorkshire folk are wonderful and known for their hard work and sheer guts which has pulled them through.

Here's to the next Olympics in Rio 2014 and the People's Republic of Yorkshire."

This is something we have long known up here – we are all capable of winning an Olympic medal in something. I was offered a place in the 100m final but declined. I do feel I let the country down as I think I would have won. Like Usain, I don't bother with the training, though I did surprise myself the other day walking Myfa along a river bank - the sun was shining, the birds were singing – going down a slope I broke into a jog. I must have jogged a good 20 metres. Just limbering up for Rio - though I may try the pole vault.

Did you watch the closing ceremony.....the rave ? ....just in case the world had been left in any doubt ..... Danny Boyle summed us up again !

I loved Tin Henman's serious comment at the end " It makes me very proud to be British". Yes, proud that we're bonkers.

( ..... and kind and decent and supportive to go with it ). We certainly make the most of our hard-fought freedoms of expression !

Have a good week and thank you as ever for all your support,

Isobel