

Monday 26th November 2012

Dear Customer,

Another exciting week in the bags in the form of the orange Cheddar cauliflower. Unfortunately not genetically programmed to go all the way to cauliflower cheese, it is a super-high vitamin variety, with 25 times the normal beta-carotene content. It has a creamier texture and is slightly sweeter than the white-curd specimens. Staying with the same colour theme, we have Golden Globe (Burpee's Golden) beetroot. This mild, succulent variety was bred in Pennsylvania by Alfred Burpee in the nineteenth century and it emigrated to Britain in the 1940's. You see, Britain is multicultural down to its roots. Nigel Slater bakes his Golden Globes whole in a roasting tin under a sheet of foil, then slips off their skins, slices and dresses them, still warm, with a fruit vinegar like raspberry. He was one of our very first Farmaround customers – he surely found his inspiration lurking in our vegetable bags....surely !

Orange Cheddar, Orange Cheddar Cauliflower Cheese

1 litre milk	½ an onion
1 clove	1 bay leaf
75g butter	50g plain flour
salt and pepper	1 cauliflower
4 slices white bread, in breadcrumbs	125g Cheddar cheese, grated
nutmeg, grated	75ml double cream

Put the milk in a small pan and poke the clove into the onion. Add a pinch of salt and the bay leaf and heat gently to a simmer. Take off the heat and leave to infuse for 15 minutes, then remove the onion and bay leaf. Melt 50g of the butter in a medium pan over a medium-low heat, and stir in the flour. Cook for a couple of minutes then add the milk a bit at a time, stirring continually, until you have a smooth sauce. Turn the heat right down and simmer for 15-20 minutes until thick. Meanwhile, cut the cauliflower into florets and boil them for 4 minutes, until just tender. Drain thoroughly and keep warm. Melt most of the remaining butter in a frying pan over a medium-high heat and fry the cauliflower until slightly brown and caramelised. Season and spoon into a baking dish, then put the rest of the butter into the pan, add the breadcrumbs and fry until crunchy and golden. Season. Preheat the grill to medium-high. Stir 100g of the Cheddar into the sauce until it melts then add the cream, a grating of nutmeg and season to taste. Pour over the cauliflower. Top with the remaining 25g of Cheddar followed by the breadcrumbs and grill until golden and bubbling.

Winter Cauliflower and Lentil Curry

3 tbsp vegetable oil	1 onion, finely chopped
1 large garlic clove, finely chopped	25g fresh root ginger, grated
2 tsp ground coriander	2 tsp ground cumin
½ tsp ground turmeric	75g red split lentils
150ml vegetable stock, hot	1 cauliflower, cut into small florets
1 large carrot, peeled and diced	400ml tin coconut milk
75g frozen peas	3 tbsp lemon juice
salt and pepper	

Heat 2 tbsp of the oil in a large saucepan and gently cook the onion for 10 minutes, stirring frequently, until soft and translucent. Add the garlic, ginger, ground coriander, cumin and turmeric and cook for 2 minutes, stirring all the time. Stir in the lentils, then pour in the stock. Bring to the boil then reduce the heat, cover and gently simmer for 10 minutes. Meanwhile, heat the remaining 1 tbsp oil in a frying pan and fry the cauliflower for 2-3 minutes until lightly browned. Add to the lentil mixture with the carrots and coconut milk. Bring the curry back to a gentle simmer, add the peas and cook for a further 12 minutes or so, until the vegetables are tender. Stir in the chopped coriander and lemon juice and season to taste with salt and pepper. Serve with rice and warm naan or chappatis.

What weather ! It was pouring with rain and I took Myfa for a walk, high onto the moors, in a coat which looks waterproof but isn't. I wondered if this would be the day I'd get blown over for the first time. It was wild. The wind was roaring at 70mph and the rain was blasting me – every step forward was a triumph against the elements. It was just so ridiculous, it was hilarious. I persevered and spent nearly two hours getting blast-soaked. When I got back to the car I threw all my outer-layers in the boot, kept my walking boots on and pulled my trousers down to my ankles to drive back to Richmond to not get the car seat wet. It got soaked anyway because even my skin was wringing wet. I got home, threw my clothes in the washing machine, put on a dressing gown and put the kettle on. Bliss ! The best things in life are certainly free.

By the time you get this newsletter, Christmas will be 'live' on the farmaround website. You can place your orders straightaway on the website or by email or phone if you prefer. In fact the sooner the better for us so we can ensure sufficient stock, especially for the Christmas Cakes and Puds. We are doing: our very popular Cheese Platters - a selection of Welsh organic cheese; our Jumbo Vegetable Bags and Christmas Fruit Boxes, Chestnuts; Mixed Nuts in Shells; lots of delicious chocolatey stocking fillers from Montezuma: our fantastic non-alcoholic Raspberry and

Blueberry fizzes: Mulled Berry Punch and lots more. If you are one of the sensible and liberated ones remaining internet free – please let us know and we can send you a list of what we are offering.

Kind wishes from a sodden Yorkshire,

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