

Monday 4th August 2014

Dear Customer,

We have Lyncroft Farm's bunched beetroot in the bags this week. Beetroot is delicious cooked and mashed with equal amounts of potatoes and some creme fraiche and salt and pepper. We also have broad beans and rhubarb from Royal Oak Farm along with their spectacular orange 'Fanatasia' chard. And we have Jonnie Watson's Ambo potatoes, lettuces, cavolo nero and yellow courgettes in the bags.

Here are some tasty, summery dips you could try this week with your beetroot :

Beetroot, Walnut and Herb Dip with Pitta Crisps

250g beetroot, cooked tender

small bunch parsley

50g shelled walnuts

2 tsp red wine vinegar

1-2 cloves garlic, crushed

small bunch coriander

3 tsp olive oil

salt and freshly ground black pepper

For Pitta Crisps

1 pack white or brown pitta bread

olive oil for brushing

Preheat the oven to 180C / Gas 6. Roughly chop the beetroot and herbs and put in the processor with the walnuts and garlic and whiz until you have a coarse pate. Add the oil and vinegar and season generously with salt and freshly ground black pepper. Taste to check seasoning – you may need to add a little more vinegar if the beetroots are particularly sweet. Set aside for the flavours to combine while you make the crisps. Slice each pitta bread into 3 strips diagonally and prise each strip in half. Arrange on baking sheets and brush with the oil and season with salt and pepper. Bake in the oven for 10-15 minutes or until they are dry and crispy. They will keep in an airtight tin for at least a week.

Beetroot and Butterbean Hummus

250g beetroot, cooked with a little vinegar

1-2 cloves garlic

3 tbsp olive oil

400g tin butterbeans, drained and rinsed

small bunch fresh chives

sea salt and freshly ground black pepper

Chop the beetroot into small cubes and set aside in a medium bowl. In a food processor, blitz the butterbeans with the garlic, chives, olive oil. Season to taste with salt and pepper. Transfer into the bowl with the beetroot and gently fold through to mix. Spoon into a serving bowl and drizzle over with a little olive oil and a few snipped chives. Serve as a dip with pitta crisps (as above) or as part of a salad lunch spread.

NEW PRODUCTS

Directly from Italy we have sourced delicious, sweet **BISCOTTI AL RISO - RICE BISCUITS**. A much healthier and tastier alternative to 'Rich Teas' – made using all organic ingredients including organic butter (no palm oil or hydrogenated fats) **300g packet for £2.99.**

We are stocking some fantastic new honey which is raw and organic. It is squeezey, runny honey and possibly the purest honey available. Most honey loses much of its goodness when the enzymes are killed off during the heating process – but not this one. The bees and the flowers they gather nectar from haven't been exposed to any chemicals so completely organic.

Hilltop Acacia Honey - Raw organic Acacia honey harvested from Acacia trees on certified organic land in Europe. Enjoy this delightfully light and very sweet honey on yoghurt, cereals and porridge **£5.25 for 370g bottle**

Hilltop Honeydew Honey - Raw organic Honeydew honey harvested from tree sap on certified organic land in Europe **£5.25 for 370g bottle**

Hilltop Lime Flower Honey - Raw organic Lime honey harvested from Lime tree flowers on certified organic land in Europe. A very different and unusual taste compared to other honey **£5 for 370g bottle**

Hilltop Multi-Flower Honey - Raw organic multi-flower honey harvested from wildflower meadows and trees on certified organic land in Europe.. This product has a subtle floral flavour **£5 for 370g bottle**

We hope you might give one of the above a try – all available on our website www.farmaround.co.uk

I'm not feeling very well this Monday morning. My brother asked me if I would go and do a viewing of his house yesterday – the one on Alston Moor, part of 'England's last great wilderness', as he didn't want to come up from London. And could I give it a quick going over with the Hoover, and a polish. I was feeling ropey already after a weekend of 'Richmond Live', our annual music festival and it's a long drive over there. I asked him what sort of state the house was in. He said it was fine when he was last there..... a year ago. I knew his Hoover wouldn't be working as the Hoover bag would be full with no replacements and there would be no cleaning stuff so I packed the car up and took some fresh flowers. My friend Pat said she would come and help me. Then a list of things came pinging through – could I get some stuff to black round the fireplaces, could I light a fire in the living room, could I get a throw to put on one of the downstairs sofas, check for flies in the top bathroom and bedrooms, clean inside garage etc.etc. At one point I went outside to get something from the car and the front door blew shut. My car keys were inside the house with Myfa, my phone (not that there's a reception) my coat, it was torrential rain, it is on top of a moor, miles from the nearest house. I know there is only one front door key in existence. Thank heavens Pat came with me.

Hope all well with you,

Kind wishes,

Isobel