

**Monday 8<sup>th</sup> December 2014**

Dear Customer,

I'm not even going to mention what's in your bag this week, just take a glance down at the recipes. Needless to say ... I'm disappointed and hoped it wouldn't have to come to this.

We also have wonder food 'sprout tops' which are trending in top restaurants at the moment and really are one of the sweetest and most delicious greens. They are loaded with iron, magnesium, potassium, trace elements and vitamins particularly vitamin K and vitamin C. You could cook them as you would cabbage – shred and steam until wilted and top with a knob of butter or margarine and a sprinkling of salt - or boil for 6-8 minutes. They are also delicious shredded, lightly sautéed and combined with leftover mash. You could fry in oil with garlic and mushrooms and spoon over toast.

**Spiced Swede Cakes**

*1 swede, peeled and diced  
1 onion, finely chopped  
2 tsp ground cumin  
1 tsp ground ginger  
handful of finely chopped parsley or coriander  
sea salt and ground black pepper*

*olive oil  
2 garlic cloves, peeled and finely chopped  
1 tbsp mustard seeds  
pinch chilli powder  
2 mugs breadcrumbs*

*Heat the oven to 200C/ Gas 6. Warm a roasting tin. Toss the diced swede with olive oil, salt and pepper. Tumble in the roasting tin and cook for 30 minutes or until tender. Meanwhile, fry the onions in olive oil until soft. Towards the end of cooking, add the garlic and cook for a few minutes more. Measure the spices and mix them together. Blitz the roasted swede, cooked onion and herbs in a food processor, leaving a few lumps for texture. Add 1 tsp of the spice mix. Taste and keep adding until you have the right amount. Form into small golf ball sized balls. Spread the breadcrumbs in a shallow dish and roll the balls in them to coat. Press them into little flat cakes. To cook, shallow fry in a splash of olive oil till golden on each side. Serve with lime wedge and yoghurt or chutney.*

**Roasted Roots**

*6 handfuls of peeled root vegetables eg swede, parsnips, carrots etc  
sea salt and freshly ground black pepper  
splash soy sauce  
handful toasted seeds or nuts*

*glug of olive oil or sunflower oil  
2cm piece fresh ginger  
drizzle of honey  
fresh basil, mint or coriander*

*Put your roasting tin in the oven and preheat is at 200C/ Gas 6. Cut the vegetables into golf ball sized chunks. Season and coat in oil. Tumble the dressed vegetables in the hot tin and cook until golden and crisp. Check and shake the pan every 15 minutes. You could also add some slices of leeks and onion too. When you have removed the tin from the oven, grate over some fresh ginger. Drizzle with a bit of soy sauce and honey. Squeeze a bit of lime over and mix well. Finish with seeds or nuts and fresh herbs.*

You may have noticed that I have gone quiet on the music. Well it seems Ernest was right and I did burn out leaving 10 unfinished songs. I can't listen to music without either crying or dancing and so it was getting a bit much. And besides I had to get back to focusing on the businesses. It's just on hold and I am starting to itch a bit to get back into the studio. My main problem is not having the right vocalist on some of the tracks. I have found one now, she took some finding, but having just gone through a personal tragedy, she's not sure when she'll be up to it. As my producer put it "we are waiting for the diva".

I was contacted today by the BBC World Service and have arranged to do an interview on the dairy industry. Yes, I'm a leading world expert. I'll be well prepared for that one – the live export routes of baby calves to the illegal veal crates of Europe, for example. It made me think of my very first radio interview I ever did in this country, a long time ago. It was with the BBC World Service. It may have been a good idea to be broken in gently with a Radio Spalding. I remember sitting in the reception at Broadcasting House looking up at posters on the wall saying that it had 200 million listeners around the world in any week. I was terrified and did an abominable and humiliating interview, I couldn't string two words together. I remember a total meltdown over some question about my saxophone playing.....some warrior chief in a hut in Nigeria thinking "who the bloody hell's this".

Yeah, I guess I was disappointed I wasn't being invited onto the panel of Ebola experts.

I remember after my mum died, the low murmur of the World Service coming from my dad's bedroom, all through the night and every night till his own end years later - engaging his mind and transporting him away from his loneliness without her.

Of course, now I recall what's happening in December. It's that festival which splits the population down the middle. One group in which everyone gets really, really excited, and the other group who just want to crawl down rabbit burrows until the 2<sup>nd</sup> January.

I hope you have found our Christmas section on the website. If you don't go online, please call Diane and she will talk you through what wonderful things we are offering including your jumbo Christmas Veg, Fruit Boxes and Cheese Platters..... and bags of mixed nuts and organic chocolate buttons for everyone who's off down a burrow.... and don't forget to take your nutcracker.

**YOUR DELIVERY DAYS THROUGH THE CHRISTMAS PERIOD ARE AS FOLLOWS:**

If your normal delivery day is TUESDAY, your Christmas delivery will be on MONDAY 22<sup>nd</sup> December, your following one will be on MONDAY 29<sup>th</sup> December and then back to normal, TUESDAY, the following week.

If your normal delivery day is WEDNESDAY, your Christmas delivery will be on TUESDAY 23<sup>rd</sup> December, your following one will be on TUESDAY 30<sup>th</sup> December and then back to normal, WEDNESDAY, the following week.

If your normal delivery day is THURSDAY, your Christmas delivery will be on WEDNESDAY 24<sup>th</sup> December, your following one will be WEDNESDAY 31<sup>st</sup> December and then back to normal, THURSDAY, the following week.

I hope that's clear enough to understand. Try and remember which your normal delivery day is and then work your way through the sentence. If you get lost and confused, start at the beginning of the sentence again. You could try using a marker pen to eliminate the days which are not applicable to you, but be careful not to eliminate the wrong day, and have your diary ready for the 'eureka' moment. Good luck with it.

Very kind wishes,  
Isobel

PS I'm sorry if you went to Swaphopper last week as there were a few blips which meant we couldn't go live. Launch imminent.