



Monday 15th June 2015

Dear Customer,

The solar rays came to Richmond last week and temperatures hit 20 degrees, just for the day. A desperate 'catch it while you can' theme took hold. The winter pallor suddenly disappeared and was replaced by alarming red. Alas it was fleeting, the cold wind is back and the sky is grey and the sun has left us until another undetermined day.

We are chugging along with the shop and café. Business is ok – fairly weather dependent. We need to start publicising it. I put a big banner on the main Richmond roundabout on Saturday night on the basis that no council workers would do anything about it until Monday - which they didn't. I have been informed that it is now behind the reception desk at Mercury House, the main council office building, awaiting collection. Not bad – I thought it might have been permanently confiscated.

I have to say – we are all very, very tired. It has been a demanding few months. But now back to our number one priority – Farmaround.

It is globe artichoke week. We have Camus globe artichokes in most of the bags. *If you aren't familiar with cooking them, trim the thorny tips off the ends of the leaves with scissors, cutting off about ¾". Cut off any excess stem, leaving up to an inch on the artichoke. In a large saucepan put a couple of inches water, a clove of garlic, a slice of lemon and a bay leaf. Insert a steaming basket and add the artichokes. Cover, bring to a boil and reduce the heat to a simmer. If you don't have a steamer just boil them. Cook for 25 to 45 minutes or until the outer leaves can easily be pulled off. Serve with a dip, either melted butter or mayonnaise, maybe with a little balsamic vinegar mixed in. Pull off the petals one at a time and dip the white fleshy end in the melted butter or sauce. Tightly grip the other end of the petal. Place in mouth, dip side down and pull through teeth to remove soft, pulpy, delicious portion of the petal. Continue until all the petals are removed. With a knife or spoon, scrape out and discard the inedible hairy part covering the artichoke heart. Cut into pieces and dip in the sauce to eat. What could be better.*

We also have new season baby turnips in the bags and here are a few ideas you could try:

Roasted Baby Turnips with Parsley-Mustard Vinaigrette

1 tbsp white wine vinegar
1 spring onion, minced
olive oil

1½ tsp wholegrain mustard
1½ tbsp. chopped flat-leaf parsley
450g baby turnips

Preheat the oven to 425C. In a bowl, whisk the vinegar with the mustard, spring onion, parsley and some olive oil and season with salt and pepper. Heat a roasting dish in the oven. Cut the turnips in half through the stems, quarter them in they are large. In a large bowl, toss the turnips in some olive oil and season with salt and pepper. Spread them on the preheated roasting tin and roast for about 18 minutes until tender. Transfer to a platter, let cool and drizzle with vinaigrette to serve.

Glazed Baby Turnips

450g turnips
20g unsalted butter

1 tsp castor sugar

Trim and wash the turnips, for larger ones, peel, halve or quarter. Stand them in a pan of water so they are covered and bring to the boil. Add the sugar, butter and a pinch of salt. Simmer for 30 minutes and check if they are cooked. Increase the heat and evaporate off most of the water. Shake the pan to keep the turnips covered with a film of butter and serve.

I am very sad that one of my goldfish, Flipper, one of the twins Flipper and Flipper, died this week. He was 7. He was so long and orange and gleamed laid out in the sunshine before going to his final resting place underneath the plum tree – where all my little pets have been buried. In a thousand years archaeologists will dust down the guinea pig skeletons and deem it a sacrificial burial site where the witch of Westfields lived. Other Flipper is bereft, they were inseparable.

My brother is in Italy, having just been to Austria and on his way soon to 'Provence'. But the café is not far from his thoughts. An email has just popped up saying that 15 people have looked at his review of it on TripAdvisor and that I still haven't put any photos up or properly sorted out the description. I was waiting until it looked how we want it to look. Anyway, better go and do it or there'll be trouble. Also I have been tasked with going to get some high chairs so had better go and do that too.

Kind wishes,

Isobel

Here it is one last time. New phone number **033 33 232 664** and new address: Farmaround, chez Good Food Nation, Scorton Road, Brompton on Swale DL10 7EQ