



Monday 20th July 2015

Dear Customer,

This may be brief. It's not that I have run out of words but I am not feeling very well, a bit chesty, as if I'm coming down with something. The last time I thought I was, I wasn't. So if this takes hold it will be the first time I will have been ill for 8 years so really not feeling good about it. This strange weather - grey and muggy and oppressive which makes one perspire. And a simultaneous cold, biting wind which chills one - boiling and freezing at the same time, it's ridiculous weather.

Well at least I finished my chapter and I sent it in on Wednesday, deadline day, along with three photos which they'd asked for. I was very pleased with myself. They came back to me saying they liked it and just asked me to do some sub-headings. So ! All good there by the skin of my teeth.

We have Rosemary Wass' bunched turnips in the bags this week from the Yorkshire Moors. You can use the tops in stews and soups – they are a good source of iron, folic acid and calcium. The roots are rich in minerals and vitamin C. You could roast the turnips in a medium oven for 40-50 minutes with a little honey or boil or steam them in chunks for 20 minutes.

Turnip Bake

450g turnips	450g potatoes
1 clove garlic	25g butter
1 tbsp fresh thyme	1 bay-leaf
500ml double cream	

Preheat the oven to 200C /400F /Gas 6. Rub a large baking dish with butter. Peel and thinly slice the potatoes, garlic and turnips. Put half of the turnips and potatoes into a bowl and add the thyme, garlic and seasoning. Heat the cream with the bay-leaf but do not allow to boil. Layer the vegetables in the baking dish and top with the remaining slices of turnips and potatoes. Pour over the hot cream and dot with the butter. Bake in the oven for 50 minutes.

Cream of Turnip and Potato Soup

200g turnips	1 litre stock
100g onions	200g potatoes
50g butter or margarine	50g plain flour
sprig rosemary	60ml cream (optional)
salt and freshly milled black pepper	

Dice into small cubes, around 1cm, the potatoes and the turnips and slice the onions. Put the butter in a large saucepan and gently melt. Add the vegetables and cook for 2 minutes. Add the flour and stir well to incorporate. In a separate pan heat the stock until it is simmering and add to the vegetable mixture. Bring to the boil and add salt and pepper to taste. Add the spring of rosemary and simmer for around 45 minutes. Skim the surface of the soup if necessary. Serve in hot bowls with the vegetables whole or liquidise to a puree adding the cream before serving. Serve with crusty bread.

French Glazed Turnips

bunch of turnips	2 tbsp sugar
2 tbsp butter	salt

Scrub the turnips clean and cut into ¼" slices. Bring a large saucepan of water to the boil, add salt, and then the turnips. Reduce the heat to medium and cook the turnips for around 6 minutes until they are just soft. Use a knife to check. In a large frying pan add the butter and melt over a medium heat. Add the turnips and stir well. Add the sugar, mix well. Cook the turnips, stirring occasionally until the sugar and butter mix starts to caramelize – 5 to 10 minutes. Serve warm as a side dish.

Some weeks ago I sent a very weird email to our lovely new MP Rishi Sunak. The sort of email that had me squirming with regret within seconds of hitting 'send'. It was broadly to do with technology and looking for advice but I made it much more convoluted. But anyway Rishi did respond and told me how enriching it was to have worked in Silicon Valley – with all the techies, inventors, mentors, investors, academics all in one place and suggested perhaps we should organise an annual event bringing such people together and call it 'Silicon Dale'. 'Wow' I thought 'Silicon Dale' – it has to be done just to use that name – he's a genius, that's funny. I suggested

maybe Richmond could be twinned with Silicon Valley. I'd met my friend Liz for lunch in Muker on Sunday and everywhere, there are still yellow bicycles on walls, Tour de France stickers on windows. They can't let go. 'Silicon Swaledale', that would move them on, bring some closure to the 'Tour'. Anyway Liz and I are meeting up with Rishi next week to discuss.

I think I've definitely got a cold.

Kind wishes,

Isobel