



**Monday 25<sup>th</sup> July 2016**

Dear Customer,

I hope this finds you well, and thankfully not having been sitting in a tunnel for 12 hours on your way to Dover. It's been beautiful warm weather up here, it almost feels like a proper summer. We have butternut squash in the bags this week and here are a few recipes you could try:

**Butternut Squash and Lentil Curry**

- |                                                      |                                  |
|------------------------------------------------------|----------------------------------|
| <i>1 medium butternut squash</i>                     | <i>250g red lentils</i>          |
| <i>½ bar creamed coconut</i>                         | <i>3 onions, chopped</i>         |
| <i>handful green beans, chopped</i>                  | <i>3 cloves garlic, chopped</i>  |
| <i>75g coriander</i>                                 | <i>1 lemon, juiced</i>           |
| <i>3" fresh ginger, grated</i>                       | <i>1.2 litres stock or water</i> |
| <i>½ tsp black pepper</i>                            | <i>1 tsp salt</i>                |
| <i>few chilli flakes or ¼ tsp cayenne (optional)</i> |                                  |

*Peel the squash and dice into 1" chunks. Place the garlic, onion, ginger and squash into the pan with the creamed coconut and pour over the water or stock. Put a lid on and bring to a medium simmer for ten minutes. Then add the red lentils, chilli, black pepper, stir and let simmer for a further 15-20 minutes until the lentils are soft and the squash is tender. In the last five minutes add the green beans. Turn off the heat, add the sea salt and lemon juice and check seasoning and consistency, adding more water if required. Stir on the chopped coriander and serve in bowls.*

**Butternut Squash Risotto**

- |                                                                |                                |
|----------------------------------------------------------------|--------------------------------|
| <i>1 medium squash peeled, de-seeded and cut in ¾ " pieces</i> | <i>1 clove garlic, crushed</i> |
| <i>1 tbsp olive oil</i>                                        | <i>1.25l vegetable stock</i>   |
| <i>40g butter</i>                                              | <i>1 onion, finely chopped</i> |
| <i>250g risotto rice</i>                                       | <i>100ml dry white wine</i>    |
| <i>60g Parmesan, freshly grated – vegetarian alternative</i>   |                                |

*Heat the oven to 200C/ Gas 6 and oil a large roasting tray. Place the squash and garlic in a bowl, add the oil, sprinkle with salt and pepper and mix well. Transfer to the roasting tray and roast for about 30 minutes, or until the vegetables have softened and coloured. Meanwhile bring the stock to a gentle simmer in a large saucepan. Heat half the butter in a large saucepan over a medium heat, add the onion and stir and cook, stirring for 5 minutes. The onion should soften but not change colour. Add the rice and stir until it is coated in butter. Add the wine and simmer until most of it has evaporated. Add enough of the stock to just cover the rice. Stir frequently and wait until the rice has absorbed most of the stock before adding more. Repeat the process, stirring well and adding stock until the rice is cooked. If you run out of stock continue with simmering water. The whole process should take about 18-25 minutes, when the rice should be soft but still retain a little bite. Stir in the squash, remove it from the heat and add the Parmesan or alternative and remaining butter. Cover and rest for 5 minutes before serving.*

**Courgette Fritters**

- |                                                                    |                                             |
|--------------------------------------------------------------------|---------------------------------------------|
| <i>2 tbsp ground flax plus 4 tbsp water (or 2 free-range eggs)</i> | <i>2 medium courgettes, coarsely grated</i> |
| <i>4 tbsp gram flour</i>                                           | <i>2 tsp garlic powder</i>                  |
| <i>zest from a large lemon</i>                                     | <i>salt and black pepper</i>                |

*If using flax instead of egg, combine the flax with the egg and leave to sit for 10-15 minutes until thickened up. Using kitchen towel, remove any excess moisture from the grated courgettes and place in a medium bowl along with the gram flour, garlic powder, lemon zest and seasoning. Mix well before adding the flax mixture or beaten eggs and mix again. The mixture should just stick together but not be sloppy. Heat 2 tbsp of oil in a frying pan over a medium heat. Dollop in around 2 tbsp of the mixture to make a fritter, then continue with another 2 or 3 at a time. After a few minutes the underside should be browned. Flip over and cook the other side until similarly browned. Drain on kitchen paper and serve with tzatziki or a tomato relish.*

I have spent all weekend sorting out my massive stockpile of wool, sadly having to discard alot where the rain and birds have got into the barn and spoiled it – really upsetting. I have booked a slot for tomorrow with the scourers in Bradford, where the fleeces are washed, the first stage of a long chain of processors, so it can be done before their summer shutdown which starts on Friday. The pressure is on and I am feeling a bit weak and feeble with another two tons to grade this afternoon. I have plastic disposal calving gloves which I wear that come to the top of your shoulder - dragging around big woolsacks, pulling out each fleece to examine it – has it been contaminated, which breed it is, what colour it is (not as easy as you'd think ) pulling off any dirt, twigs or tangled bits and putting it in the

right pile. Make one mistake and there's trouble. I have some rescued Swaledale sheep whose fleeces are like giant brillo pads. If as much as a handful get mixed in it will completely ruin the integrity of the beautiful soft Shetland and Wensleydale. Natural wool colours blend like paint during processing - it's a precise art putting the right colours together to get the desired natural shades. So it's all a bit of a nightmare but I will be so relieved to finally get it all moved off. I'd been on the phone all week trying to book slots and work out the logistics for combing, blending, spinning, reeling, dyeing, balling, weaving, finishing, sock making, label making etc. dodging round their summer shutdowns, queues and difficult pricing - and the same again for the alpaca as it is different mills and processors.

Kind wishes,

Isobel