



Monday 8th April 2017

Dear Customer,

I hope this finds you well and that you have been enjoying the glorious weather. It's certainly been good growing weather. We have purple sprouting broccoli in the bags this week and the first new potatoes of the season.

Here are some tasty recipes you could try:

Penne with Purple Sprouting Broccoli, Pine Nuts and Lemon

<i>bag purple sprouting broccoli</i>	<i>400g penne pasta</i>
<i>100g pine nuts, toasted</i>	<i>2 tbsp olive oil</i>
<i>mall onion, peeled and finely chopped</i>	<i>2 cloves garlic, peeled and finely chopped</i>
<i>½ red chilli, de-seeded and finely chopped</i>	<i>1 lemon, zest removed and juice squeezed</i>

Wash and trim the broccoli and cut any thick stalks into 2cm pieces. Cook the pasta to al dente according to packet instructions. Meanwhile blanch the broccoli in boiling water for 3 minutes, drain and set aside. Toast the pine nuts in a dry pan and keep shaking them to not burn them. In a heavy saucepan heat the oil and add the onion, chilli and some salt and pepper. Soften the vegetables gently adding a small amount of water to create steam in the pan. When tender add the cooked pasta, lemon zest, a little of the lemon juice and the toasted pine nuts. Mix well and fry for 3 minutes. Add the broccoli, mix well and turn off the heat. Serve with extra lemon juice and a drizzle of olive oil.

Minted Green Pea and Lettuce Soup

<i>½ Cos lettuce</i>	<i>250g onions</i>
<i>250g frozen peas</i>	<i>small bunch fresh mint</i>
<i>500g potatoes</i>	<i>2 litres vegetable stock</i>
<i>salt and pepper to taste</i>	

Peel and chop the onions and potatoes. Put them in a large saucepan and cover with the vegetable stock. Bring to the boil and then simmer for 15 minutes. Add the peas, lettuce and mint and bring to the boil again and simmer for another 15 minutes. Whizz until smooth and serve hot.

Mushroom Stroganoff with Linguine

<i>olive oil</i>	<i>1 tbsp butter or margarine</i>
<i>1 onion</i>	<i>2 tsp smoked paprika</i>
<i>1 garlic clove</i>	<i>250g mushrooms, chopped</i>
<i>vegetable stock cube</i>	<i>5g fresh thyme</i>
<i>100g creme fraiche</i>	<i>200g linguine pasta</i>

Peel and slice the onion. Heat a large non-stick pan with a drizzle of olive oil and a tbsp. of butter or margarine over a medium heat. Add the onion and a pinch of salt and cook until soft and translucent. Meanwhile boil a kettle. Peel and finely chop the garlic. Cut the mushrooms into quarters. Pick and finely chop the thyme leaves. Add the garlic, mushrooms, half the paprika and half the thyme to the pan. Season well with salt and pepper. Spread everything out well and cook for 5-10 minutes without stirring, until caramelised. Meanwhile add the linguine to a pot of salted water and cook to al dente then drain but reserve 100ml of the cooking water. Dissolve the stock cube in this water. Combine the remaining thyme leaves, half the crème fraiche and some pepper in a separate bowl and mix well. Add half the stock to the pan, increase to a medium-high heat and cook until the stock has completely dissolved, add the remaining paprika. Add the drained linguine, the seasoned crème fraiche and the remaining stock to the vegetable pan and stir to combine. Remove from the heat before fully reduced and still saucy.

Baked New Potatoes with Sea Salt and Rosemary

<i>new potatoes</i>	<i>1 tbsp olive oil</i>
<i>sea salt</i>	<i>freshly ground black pepper</i>
<i>sprig of rosemary, leaves picked and crushed</i>	

Wash the potatoes and parboil them until almost tender. Drain them then drizzle with olive oil and roll in some sea salt, ground black pepper and the rosemary. Preheat the oven to 220C/ 425F/ Gas 7. Put the potatoes in a roasting tray and cook in the oven for 25 minutes until golden.

Despite the sunshine a few things are niggling at me – Putin and Trump - and the fact that my cutlery drawer has stopped gliding and I can't find anything jamming it.

I couldn't sleep last night thinking about Putin and imagining what a nuclear war would look like – he would love that.

I had googled his warheads to see what the damage could be to us if Boris calls him 'Dobby the House Elf' one more time. Could he blow us up with one head? Apparently not, but he can pick us off city by city. I nearly emailed our local MP to say I didn't think the new strategy of closing army bases around the country and moving everything to Catterick was a good idea. It's already the biggest base in Europe and one head would destroy our army in a split second. It has to be the number 1 target..... just 4 miles from here.

Would we get any warning, would we have time to make a dash for it cross-country !
I think I may have to stop watching the news now. We always knew that the Putin-Trump relationship was dangerous. That British boy who tried to kill Trump – quiet, sensitive, autistic, never watched the news or interested himself in politics – did he know something ! But..... there's no point worrying about things we can do nothing about or indeed which may never happen, so I am going to stop here and now.

On Friday the meadow opposite my house will be teeming with happy children on the annual Easter egg hunt – celebrating Easter, celebrating life. I hope you will be too and have a lovely Bank Holiday whatever you are doing,

Kind wishes,

Isobel