



**Monday 17<sup>th</sup> April 2017**

Dear Customer,

I hope this finds you well and that you had a lovely Easter whatever you were doing. Here are some easy and tasty recipes you could try this week with your ingredients:

**Lightly Spiced Potato, Spinach and Leeks**

|                    |                 |
|--------------------|-----------------|
| 300g potatoes      | 100g leeks      |
| bag spinach        | 2 cloves garlic |
| ½ tsp garam masala | 2 tsp olive oil |
| 200ml yoghurt      |                 |

*Chop the potatoes into cubes, put in a pan and cover with water. Bring to boil and simmer until tender. Wash and finely chop the leeks and finely chop the garlic clove. Heat some oil in another pan and add both, cooking on a low heat for 5-10 minutes until leeks start to soften and brown slightly then add the spinach and cook until tender. Add the garam masala, stir thoroughly and cook for 1-2 minutes. Remove from the heat, mix in the yoghurt and potatoes and cook for 5 minutes on a low heat.*

**Garlic Mushrooms and Spinach Pasta**

|   |                            |
|---|----------------------------|
| splash of olive oil                       | 250g mushrooms, sliced     |
| 4 cloves garlic, peeled and thinly sliced | 2 tbsp butter or margarine |
| 3 handfuls spinach, washed                | lemon juice, to taste      |
| salt and pepper, to taste                 | 500g spaghetti             |

*Cook the spaghetti according to the packet instructions. Meanwhile heat a large frying pan over a medium high heat then add the oil. Fry the mushrooms until golden. Add the butter or margarine and garlic and fry for another 30 seconds – 1 minute until golden. Add the spinach, lemon juice and seasoning and cook for a few minutes until the spinach is tender. Drain the pasta and add it to the vegetables with a little of the cooking water. Mix round then serve.*

**Red Cabbage and Walnut Salad**

|   |                       |
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| ½ red cabbage                             | 3 tbsp walnut oil     |
| 1 tsp honey                               | 1 pear                |
| 1 apple, sea salt and ground black pepper | 3 tbsp chopped chives |

*Put the vinegar, oil and honey in a large mixing bowl, whisk together and season to taste. Cut the halved cabbage in half and cut out the white core. Finely slice it and toss into the dressing. Slice the apple and pear into it with the chives and mix well.*

**Spinach, Leek and Pea Frittata**

|                 |                   |
|-----------------|-------------------|
| knob of butter  | 1 tbsp olive oil  |
| 1 leek          | 80g spinach       |
| 75g frozen peas | 6 Hen Nation eggs |
| 50ml milk       | basil leaves      |

*Melt the butter and oil over a low-medium heat in a deep, non-stick pan oven-proof frying pan. Slice the leek into 1cm rounds. When the butter foams add them and fry them for about 7 minutes stirring now and then until soft and sweet. Heat the oven to 180C/ 160C Fan/ Gas 4. Add the spinach and peas to the leeks and increase to medium heat. Cook for 2-3 minutes until the spinach is mostly wilted and the peas are bright green, then season. Whisk the eggs in a bowl with the milk and season. Add them to the veg in the pan with torn basil leaves and stir to distribute evenly. Bake for 20-25 minutes until firm. Cool for a few minutes then put a serving plate on top and invert to remove from the pan. Serve with a lemon dressed crunchy salad... a red cabbage one possibly.*

It's been a bit of a cold and wet these last few days, and a bit drowned in concern over world peace which seems so tenuous. I am so glad I wasn't born in North Korea but it's also looks mind-bogglingly fascinating - a militarised Trumpton where everyone acts like an automaton. China is siding with the US...for the moment ....phew. It's taken the heat out of the Trump-Putin horror show ... phew, fingers crossed. As for Syria – it's just too upsetting for words.

For light relief one turns to the French election. I'm upset that I'm not in France for it – feel like I'm missing out - then I have to remember that I'm not French and that it's not my election, it's none of my business. But it's so close – and Melanchon the hard left candidate has risen from nowhere to be within a few points of the other three. I feel like a creep – wanting to go and snoop and vote in other people's elections. I'm like a funeral crasher – people who spend their time going to strangers' funerals and watching them online. I can understand though – people who are full of grief or obsessed with mortality, unable to relate to normal humdrum daily life, wanting to be with others in a similar state - and where better to find them. I hasten to add that is not me, I'm not a funeral crasher – but I do know the feeling. However, I could easily be an election crasher !

I have heard nothing back about the tender I put in for the land at Middleham for the sheep. The tender date was last week and I can only assume that I was rejected. We moved all the Wensleydales, the miscellaneous breeds and Barney, my baby, back to the paddock next to me on Saturday. I wanted to give them a nice welcome back but as they came off the trailer it started tipping down. The Shetlands are still at Hornby and I will leave them there until the last day, the 27<sup>th</sup> May, then will bring them to Ernest's. I've been busily having samples made with their wool of dog collars, dog baskets and dog coats for a new designer 'Izzy Lane for Dogs' collection. This along with a great new 'Izzy Lane for Humans' knitwear collection for this autumn – and some great new Pea Coats. I'm doing menswear again too so that will be interesting. So all busy, busy here.

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Kind wishes,

Isobel