



**Monday 6<sup>th</sup> November 2017**

Dear Customer,

Autumn is producing what summer didn't – glorious sunshine. I love when the leaves fall – suddenly the views open up and the sun lifts the colour out of every gloomy corner. But there are no gloomy corners in your Farmaround bags, not even your swede, it's one of the best veg ever full of vitamin A, vitamin C, calcium, magnesium, potassium, manganese and more.

Here are a few recipes you could try with this week's ingredients:

#### **Baked Aubergine Pasta**

1 aubergine  
300g dried pasta eg penne or tagliatelle

300g tomatoes, chopped  
10g fresh basil

Set the oven to 200C/ 400F/ Gas 6. Slice the aubergine into rounds and place the slices in a single layer in a large roasting tin or baking sheet. Peel and crush the garlic cloves and scatter over the aubergine. Add the tomatoes to the aubergines and drizzle over the olive oil. Season then bake for 25-30 minutes. Cook the pasta according to packet instructions to al dente. Transfer the aubergines and tomatoes to an empty saucepan leaving the oil behind. Add the drained pasta to the oil and toss it to coat the pasta with the flavoured oil. Tip the oiled pasta into the aubergines and tomatoes and season. Tear up the basil leaves and toss with the aubergines and tomatoes before serving.

#### **Roasted Aubergine and Kale Tapenade**

4-5 cloves garlic  
250g kale, roughly torn  
1 tbsp balsamic vinegar, plus extra for drizzling  
4 tbsp parsley

1 aubergine  
1 tbsp olive oil, plus more for drizzling  
big pinch of dried Italian herbs eg basil, thyme, oregano  
2 tbsp roasted pistachios

Preheat the oven to 200C/ 400F/ Gas 6. Peel the garlic and set aside. Peel the aubergine and cut into 2cm slices lengthways. Sprinkle a little salt on both sides and put in a frying pan over a gentle heat and allow to sweat for about 15 minutes. Meanwhile wash the kale, pat dry with kitchen roll and remove the tough stems. Toss with olive oil and roast in the oven for 5 minutes then check and turn with tongs. Continue roasting for another 5 minutes until browned and slightly crisp. Remove from the oven and set aside. Cut the aubergine into smaller pieces and combine with the garlic cloves in a roasting tin. Drizzle with balsamic vinegar and olive oil and a generous sprinkle of dried herbs then roast for about 30 minutes, checking and stirring after 15 minutes – it should be very tender and browned. Remove from the heat and allow to cool slightly. Put the roasted kale, aubergine and garlic with the parsley and roasted pistachios in a blender and pulse until smooth-ish but still with a little texture. Tweak the seasonings then serve at room temperature with toasted crostini.

#### **Mashed Swede with Clotted Cream and Parsley**

1 swede, peeled and cut into 2.5cm cubes  
1 tbsp clotted cream (optional)  
small bunch curly parsley, chopped

50g butter (or margarine)  
generous pinch pepper

Bring a pan of salted water to the boil and simmer until the swede is tender and well cooked. Once cooked, drain in a colander and place back in the pan. Add the butter, cream, pepper and salt and then mash until relatively smooth and creamy. Put in a bowl and sprinkle with parsley.

#### **Honey Roasted Carrots**

500g carrots  
½ tbsp. olive oil  
½ tsp cumin seeds, toasted and lightly crushed  
salt and black pepper

30g honey  
½ tsp. coriander seeds, toasted and lightly crushed  
few springs thyme

Heat the oven to 200C/ 400F/ Gas 6. Peel the carrots and halve them widthways, then quarter or halve lengthways. In a large bowl put the carrots, honey, olive oil, coriander seeds, cumin seeds, thyme, ½ tsp salt and plenty of black pepper. Mix until the carrots are well coated. Spread the carrots out over a baking tray. Roast for 40 minutes until soft and glazed. Serve.

I wandered round the sheep yesterday – despite most having no teeth as are they are getting on a bit now - they are like barrels, really fat, which is how I like to see them with winter approaching. It stamps out any notion that a sheep can't eat once it loses its teeth. Its gums harden and they eat perfectly well. And "...they're woolling up nicely..." as Ernest puts it. There isn't the volume of grass here as there was in lush Hornby. It is a sort of prelude to the moors. The grass is rougher and stops growing earlier so I shall be dependent on buying in a lot of hay from now to spring. But how they love it here on Ernest's land. It's so wild and beautiful. The banksides are covered in gorse which form grottos where they can shelter in bad weather as well as behind the tumbling stone walls. The sheep form tribes up there with settlements. They will come down for water following each other in single file down the hillside and then wend their way back up to their camp – all in one continuous line. In the early evenings after a day of eating and chilling, it's their social hours where they mingle, jostle and play. They remind me of Italy.

Ninety nine percent of the time I think that Izzy Lane was the worst mistake I ever made as the cost to me has been so enormous but during these one percent moments when I step back and watch the sheep and they are happy and living lives they would never have had, 5500 sheep years, 2 million sheep days, then I think it must have been worth it. And of course, their wool is so very beautiful. I won't rescue any more ( I hope ! ). This is it, and as they die so will the Izzy Lane brand because I too am losing my teeth and there is no succession. But for the moment at least we are kicking and have a fantastic New Collection. 15% off for all Farmaround customers, if you are interested, with discount code: FR7 to the end of the year.

Hope you have a good week and many thanks for everything,

Isobel