



Monday 7th May 2018

Dear Customer,

I hope you've had a nice Bank holiday weekend. I'm definitely not going to complain about the weather. It has been stunning hasn't it.

We have a cauliflower in the bags this week. Just one serving of cauliflower gives us 73% of our daily vitamin C requirement. It is rich in choline, essential for brain development as it helps repair and maintain cell membranes. In fact, it is another, and previously much overlooked 'superfood', also containing folate, zinc, magnesium, iron, calcium and vitamin E.

Here are some recipes you could try with this week's ingredients - Marmite and cauli, what a great combo:

Marmite-Roasted Cauliflower with Walnuts and Grapes

- | | |
|-------------------------------------|------------------------------|
| 1 cauliflower, halved top to bottom | 500ml milk |
| 1 tbsp crème fraiche | 1 tbsp cheese, grated |
| 50g butter or margarine | 1 tsp marmite |
| 12 grapes, halved | 20 walnuts, broken in pieces |

Chop half of the cauliflower into pieces to make a veloute. Put in saucepan with enough milk to cover and simmer until soft. Pour the contents into a blender with the crème fraiche, cheese and some salt, into a pourable puree. Quarter the other half of the cauliflower from top to bottom through the core, keeping each quarter intact. Melt half the butter or margarine in a large frying pan over a medium heat. Add the wedges and cover with a lid. Cook over a low heat until the wedges are golden brown, flip and do the other side, adding a splash of water if necessary. It is done when the core is tender. Add the marmite and cook for another 2 minutes then add the remaining butter or margarine and cook for another minute, basting the wedges. Add the grapes and walnuts and take off the heat. Put a small ladleful of the cauliflower veloute in the middle of four plates. Turn the cauliflower wedges over in the marmite butter to coat and place on top of the veloute. Spoon over the grapes, walnuts and marmite butter.

Cauliflower Soup with Hazelnuts and Parsley

- | | |
|---------------------------------|-------------------------------|
| 1 cauliflower | 25g butter |
| 1 tbsp olive oil | 2 sticks celery, diced |
| 1 large onion, peeled and diced | 125g potato, peeled and diced |
| 1 bay leaf | 1 litre vegetable stock |
| grating of nutmeg | 200ml milk |
| 75ml double cream | squeeze of lemon |

For the Hazelnuts:

- | | |
|------------------------------------|-------------------------------|
| 5 tbsp olive oil | 3 tbsp finely chopped parsley |
| 60g hazelnuts, toasted and chopped | |

Break the cauliflower into florets. Heat the butter and olive oil in a heavy-based pan and add the celery, potato, onion and bay leaf. Saute gently for a couple of minutes then add a splash of water, season and cover the pan. Sweat the vegetables for about 12 minutes making sure they stay moist. Add the cauliflower, turning it in the juices, then add the stock and more seasoning. Bring to the boil then simmer until the cauliflower is completely tender. Add the nutmeg and allow the mixture to cool. Remove the bay leaf, add the milk and puree the soup in batches. Return to the pan, add the cream, heat through and check the seasoning. Heat the other olive oil gently until warm then throw in the parsley and nuts and a squeeze of lemon. Spoon some of this on top of each serving.

Cider-Glazed Roasted Celery with Crispy Topping

- | | |
|--------------------------------|------------------------|
| 1 head celery, washed | 400ml medium dry cider |
| 2 tbsp cider vinegar | 50g breadcrumbs |
| 2 tbsp parsley, finely chopped | 1 tbsp olive oil |

Pre-heat the oven to 200C/ 180C Fan/ Gas 7. Grease an ovenproof casserole generously. Lay the celery in the dish, pour over the cider and vinegar. Cover with greased greaseproof paper then cover with foil. Place in the oven for 45 minutes, remove the foil and greaseproof paper. Mix together the breadcrumbs, parsley and olive oil and sprinkle over the celery. Cook for another 15-20 minutes until the topping is golden.

The creature is still skunking about trying to work out what branch of the animal kingdom she belongs to. She's really growing. When I got her, she weighed in at 3½ kilos, she was microscopic, she's now 10½ kilos, her legs are getting longer and longer. She's turning into a really happy and loving girl. I was laid out with a migraine from Saturday afternoon through to Sunday morning. She'd accompanied me to the toilet to throw up – my retching alarmed her, she stared in horror, I guess understood I wasn't well and spent the next 12 hours quietly curled up on my feet at the end of the sofa. When I am working she goes off into the garden on her own and amuses herself ferrying twigs and clods of soil around and watching the birds. I've been pulling weeds, raking up the remaining winter leaves, cleaning out the pond, scrubbing the garden furniture. My house really comes into its own in this weather with its bi-fold doors. It's flooded with sunlight, the bees are buzzing in and out, the birds are singing, everything is blossoming, it is heavenly.

I even put up my first washing line, slung it off the apple tree and hung out my washing. I love washing lines. As a child no one had tumble driers – you might have only known by sight the people who lived at number 16, but you knew what their underpants and socks looked like. I remember for my art O-level I painted washing lines full of washing slung across Mediterranean streets. Having ones clothes out drying in the sun – one of the simple pleasures of life.

I hope you have a good week,

Kind wishes,

Isobel