



**Monday 28th May 2018**

Dear Customer,

I hope you had a nice Bank Holiday weekend. It's Sunday again, newsletter day. There's not a cloud in the sky, it is stunning. There was a time several decades ago when my ideal temperature was about 40C - the August midday sun on a Cretian beach. Year by year that ideal temperature dropped, to settle at a perfect 25C. More recently though even that has felt too hot and 18C seems perfect. Evolution in action perhaps, making the necessary adaptations to the Yorkshire climate - 18C being as much as we can hope for.

The sputniks have crept back into the bags this week. You could steam or stir-fry it. You could slice or grate it and serve raw in a salad with a fresh herb vinaigrette. You could use it with carrot and onion in a coleslaw instead of cabbage. You could make a salad using small diced kohlrabi and apple and mix in a tablespoon of crème fraîche, a tablespoon of mayonnaise, a teaspoon of mustard, some fresh lemon juice and pepper. You could peel it and chop it into chunks and roast it in olive oil with some garlic and seasoning. You could cut it into batons and cook it in a little butter or oil until soft then stir in some chopped parsley or dill and season with lemon juice, salt and pepper. You see, he's not such a bad little chap. And he's rich in nutrients – minerals like copper, potassium, manganese, iron and calcium, as well as vitamin C, B vitamins, vitamin A and vitamin K.

Here are a few other ideas you could try this week:

#### **Kohl Rabi Soup**

1 kohlrabi	1 garlic clove, finely chopped
olive oil	1 medium potato, peeled and diced
500ml vegetable stock	dollop of crème fraîche, optional
handful fresh parsley, plus extra to garnish	½ lemon, juice and zest

*Gently fry the kohlrabi, onion and garlic in oil over a low heat for a few minutes. Add the potato and stock and simmer until the vegetables are soft. Put in the blender with the parsley and puree until smooth. Transfer back to the pan to reheat. Season with salt and pepper, the lemon juice and zest. Serve with a dollop of crème fraîche if desired and garnish with parsley.*

#### **Aubergine, Courgette and Ricotta Pasta**

1 aubergine, chopped	350g courgettes, sliced
1 clove garlic, sliced	1 chilli, finely chopped, optional
1 tsp olive oil	1 tbsp balsamic vinegar
pasta eg penne	1 tbsp pine nuts, roasted
2 tbs ricotta or cream cheese	handful fresh basil, torn

*Preheat the oven to 200C/ Gas 6. Place the aubergine, courgettes, garlic and chilli if using, into an ovenproof dish. Drizzle over the oil and vinegar and cook for 30-40 minutes until the vegetables are tender and beginning to char. Meanwhile cook the pasta according to packet instructions and drain. Toss the pasta with the pine nuts and ricotta and sprinkle over the basil.*

#### **Courgette and Aubergine Agrodolce ( sweet and sour )**

1 aubergine	400g courgettes
4 tbsp olive oil	2 cloves garlic, peeled and sliced
1 tbsp caster sugar	4 tbsp red wine vinegar
fresh mint, chopped	fresh parsley chopped

*Trim the aubergines and courgettes then cut them into 1cm slices lengthways. Brush the slices lightly on both sides with ½ tbsp olive oil and season. Cook the aubergine and courgette slices for 6-8 minutes on a preheated griddle pan until they are just tender and golden brown. Transfer the griddled vegetables to a serving platter overlapping the slices. Heat the remaining olive oil in a small pan, add the garlic and fry gently until tinged a light brown. Add the sugar, vinegar and seasoning, bring to the boil, stirring to dissolve the sugar and pour the dressing over the vegetables. Scatter with mint and serve with warm focaccia and olives.*

#### **Courgette Cake**

200g caster sugar	2 Hen Nation eggs
150g courgettes	1 small apple
200g plain flour	80g sultanas
½ tsp baking powder	200g butter
pinch cinnamon	60g pecan

*Preheat the oven to 180C/ Gas 4. Butter and line the base of a loaf tin measuring 20cm x 12cm x 9cm deep. Cream the butter and sugar until light and fluffy. Beat the eggs and mix them in one at a time making sure each is fully incorporated before adding the next. Coarsely grate the courgettes and apple. Squeeze them with your hands to remove any excess moisture then add to the mixture, Mix the flour, salt, baking powder and cinnamon and gently fold into the mixture. Stir in the nuts and fruit. Transfer to the lined loaf tin and bake for about an hour or until golden and firm to touch. Allow to cool in the tin before turning out.*

Life here still revolves around the puppy. Her greatest desire at the moment is to eat a bee. I must remove 20 from the house each day. I use a mop with a suitably long handle. I place the mop-end over them and they crawl into it, I then shake it out the window. The more I scream 'nooooo' when she approaches one the more tasty it looks. She's really a clever little dog. Normally coming downstairs she flies ahead of me taking the last three steps in one big leap but a week ago I managed to get out the bedroom while she was asleep and I had arrived at the bottom of the stairs by the time she got to the landing. I put my face through the bannister and she rushed down and kissed me through the rails. The next morning I couldn't work out why she didn't fly down the stairs, she sat on the landing waiting for me to get down. I remembered the previous day and put my face through the rails, she rushed down again and kissed me. So now it's a morning ritual. She is so sweet. She is housetrained now except for the odd little accident, which usually occurs when Diane arrives – she is so excited to see her she pees her pants.

Hope you have a lovely week,

Isobel