



Monday 25th June 2018

Dear Customer,

I hope you are enjoying the sizzling weather. It is truly magnificent, even up here.

We have the first delicious Cornish new potatoes in the bags this week and the new season bunched carrots along with Devon broad beans.

Roasted Salt and Vinegar Crushed New Potatoes

600g new potatoes	2 tbsp olive oil
black pepper	1½ tbsp cider vinegar
1 tsp flaked sea salt	2 tbsp flat-leaf parsley, chopped

Preheat the oven to 220C/ 425F/ Gas 7. Boil the potatoes in salted water until knife-tender. Drain and put back in pan to dry out a little. Tip onto a large baking tray. Using a tea towel gently crush each potato but leave them whole. Drizzle them with the olive oil and season with salt and pepper. Bake for 20-26 minutes until the edges are browned and crisp. Remove from the oven and gently toss with the vinegar. When it has all been absorbed, sprinkle with sea salt and parsley.

New Potato, Olive and Sundried Tomato Salad

600g new potatoes	juice of a small lemon
5 tbsp olive oil	bunch of chives, sniped
5 sun-dried tomatoes, thinly sliced	14 pitted whole black olives

Cook the potatoes in boiling salted water for 12-15 minutes, until tender. Drain well and leave until cool enough to handle. Halve lengthways. Put the lemon juice, oil, chives and plenty of seasoning in a large bowl and whisk. Add the potatoes, toss and set aside to cool. Stir the tomatoes and olives through.

Mexican Broad Bean, Pea and New Potato Quesadillas

225g new potatoes	5 tbsp olive oil
1 medium onion, finely chopped	2 cloves garlic, crushed
1 green chilli, deseeded and finely chopped	150g broad beans, cooked to tender
100g frozen petit pois	juice of 1 lime
sea salt and freshly ground black pepper	small handful of mint, leaves, finely chopped
small handful tarragon, leaves finely chopped	45g feta cheese, crumbled
85g Cheddar, grated	4 flour tortillas

Boil or steam the potatoes until tender. Heat a pan over a high heat and add 3 tablespoons of olive oil. Turn the heat to medium, throw in the onion, garlic and chilli and cook for around 10 minutes until the onion has softened. Bring a medium pan of salted water to the boil and cook the broad beans and peas to just tender. With the back of a fork gently mash the potatoes into the onion mix, seasoning with the lime juice, salt and pepper. Gently fold in the rest of the olive oil, the peas, beans, herbs and feta. Roughly spread a heaped tablespoonful of the mixture onto one half of each tortilla and sprinkle with the Cheddar. Fold the tortillas over into half-moon shapes, pressing the halves firmly together. Heat a frying pan, brush the quesadillas with olive oil on both sides and cook until golden and crisp on each side. Cut each quesadilla into 3 wedges and serve with a salsa.

The shearer still hasn't come. He says he is still shearing but now has a hernia. And we have an outbreak of 'pink eye' in the flock, a keratoconjunctivitis. Due I think to the dry, dust and flies. It is very contagious and sweeps through them causing temporary blindness in one or both eyes so I have been out catching them and giving them antibiotics which clears it. It is self-limiting and does resolve on its own but it's not very nice. We get it from time to time. It's like the 'Invasion of the Body Snatchers', their eyes go a disturbing cloudy white. One might think they would be easier to catch when blind and that you could sneak up on them, but it's harder. They feel you coming, get creeped out and run off.

I still miss London, even after all these years. However, crossing the moor yesterday returning from a visit to Lainey's playmate terrier Pick who lives in a valley by a stream in the middle of nowhere, a little huddle of stoats were crossing the road. There were five babies. It was a wonder of nature. Feeling very privileged I stopped the car, they were in no hurry. I got my phone out to video them but it took me so long to find the video button that when I looked up they had gone. I'm always amazed at how people capture things on their phones – how quickly they can find that button. Maybe I need to practice as speed is everything – like drawing a gun in a duel. I got out the car and walked onto the moor but they had disappeared. Further up the road I had to keep stopping for young hare and for baby curlews. Thank heavens we still have these wild places.

I really applaud Gove for all he is doing for the environment and for proposing to establish new National Parks. I just wish he would ban grouse shooting on these. The gamekeepers are notorious for killing wildlife – birds of prey, stoat, foxes – anything which might prey on the grouse eggs and grouse chicks. Protecting them so they can later be blasted to pieces. I will never understand how anyone can derive pleasure from this massacre. Their guns are so sophisticated they can't miss.

I would like to applaud and thank one of our Farmaround customers in the North who on retirement, instead of taking up golf, took up the protection of red kites and their reintroduction to parts of Yorkshire from the Chilterns, and with great success. However, it is an ongoing battle. All raptors are under threat. He says there are just three successful pairs of Hen Harriers in the whole of England, a habitat that should support 300. He is in no doubt about where the problem lies and is slightly more encouraged by Gove. 'Not long ago the Secretary of State for Defra was a millionaire landowner running both grouse and pheasant shooting'.

Our wild places should be for our wild creatures and for us, the people to enjoy nature. The National Parks and Access to the Countryside Act of 1949 came about after a prolonged campaign for public access to the countryside with its roots in the Industrial Revolution. The Environment Act of 1995 deemed they were – 'to conserve and enhance the natural beauty and wildlife'. The reality is that they are managed for shooting, for the 'Glorious 12th'.

Kind wishes and hope you have a lovely week,

Isobel