



**Monday 6<sup>th</sup> August 2018**

Dear Customer,

I hope you are well. I know lots of Farmarounders have headed off to the Continent these last few weeks for their summer holidays. Hope they're not getting too sun-dried and toasted, I just can't imagine 46C. But if you've booked and paid for your summer holiday, you're going. At least the extremely extreme temperatures were only lasting a few days.

Back here in a more moderate Blighty we have lovely summer squashes in the bags and bunched red onions. Here are a few tasty recipes you could try this week:

**Red Onion Tarte Tatin**

450g red onions	30g butter, or margarine
1 tbsp balsamic vinegar	few sprigs thyme
salt and pepper	500g puff pastry

*Preheat the oven to 220C. Place a 28cm oven-proof pan on the stove and put in the butter and olive oil. Peel the onions. Slice them in half through the root end. Slice each half into thirds so you have 6 wedges per onion. Place the onion wedges in the pan, root end facing out, forming a circle. Repeat, creating an inner circle then fill in any gaps in the centre. They should fit snugly together, slightly overlapping. Season with salt and pepper and cook until soft. Sprinkle the tablespoon of balsamic over them and scatter some thyme leaves. Remove the pan from the stove and allow to cool a little while you roll out the pastry. Roll the pastry into a circle that is slightly larger than the pan. Cover the pan and tuck in any excess to create a neat edge. Place the pan in the hot oven and bake until the pastry is puffed and golden. Let the tart sit for 10-15 minutes. Place a large plate over the pan on top of the pastry and flip it over so the onions are on top. Sprinkle with more thyme leaves to garnish and serve.*

**Golden Roasted Squash and Red Onion Wedges**

2 small squash, cut into thick wedges with skin on	4 red onions, peeled and cut in wedges, root intact
3 cloves garlic	sage leaves
vegetable oil	salt and pepper

*Preheat the oven to 190C/ 375F/ Gas 5. Toss the squash, onions and garlic in a baking dish with just enough oil to coat. Season with salt and pepper and roast in the oven for 20 minutes. Toss in the sage and turn the veg so it cooks evenly. Roast for another 25 minutes until tender. Serve as it or perhaps garnished with toasted pine nuts and chopped parsley or coriander. You could if you like, dress it with a tahini and lemon juice dressing.*

**Caramelised Red Onions**

500g red onions	6 tbsp brown sugar
6 tbsp balsamic	2 tbsp oil

*Peel the onions and cut them into large wedges. Place them in a large pot with the sugar, vinegar, oil, 375ml water, 1 tsp salt and some pepper. Bring the onions to the boil then reduce the heat and simmer gently, stirring occasionally for 40-45 minutes or until the liquid has all but evaporated and the onions are very soft being careful not to burn them. Remove from the heat. You can eat warm as an accompaniment. You can also cool them and store in the fridge for up to a week in a covered container and use with salads, in sandwiches etc or reheat.*

**Lemon, Broccoli and Garlic Pasta**

300g penne or other pasta	1 head broccoli, chopped
4 tbs olive oil	3 cloves garlic, minced
3 tbsp lemon juice	½ tsp salt
pinch pepper	4 tbsp cheese, optional

*Cook the pasta to packet instructions. About 5 minutes before the pasta is done, drop the broccoli into the pasta water and cook both until just tender. Meanwhile warm the olive oil in a small frying pan and slowly cook the garlic in it until golden, 2-3 minutes. Stir in the lemon juice and season with salt and pepper. Toss the pasta, broccoli and lemon sauce in a bowl. Sprinkle with cheese if using.*

At the bottom of my lane used to be a small store / Post Office. They were forced to shut the Post Office during the big 'rationalisation' but kept running the shop. However, on its own it wasn't viable they stocked less and less until the shelves were practically empty save a few Mars bars. It limped on with a bit of chocolate for a few years then they shut it completely and put it on the market. It must have been on the market for about 8 years. Eventually last year they found a buyer. The person who bought it put the shop up to rent and lived in the flat. There were no takers. Then suddenly a team of workmen descended. They started chipping away at the outside render, bringing it back to the original brickwork. They put in huge new vitrines. Started doing up the interior. It was so exciting, what was it going to be - a new grocery store, a little boulangerie, a deli, a Pret-a-Manger. Then the news came. It's going to be a butchers. Great, the bottom of the road will now be blocked, not by the bin lorry but by a lorry full of swinging carcasses and a stench of decaying flesh. A 'high-end' butcher apparently specialising in rare breed, specialising in the breeds of my sheep. I had better not tell them as it will give Wallace and Gromit nightmares.

They were all finally sheared last week thank heavens. They look chilled and happy now, and very dapper.

Still enjoying beautiful weather here accompanied by an eeriness wondering how we will pay for it this autumn.

I hope you have a good week,

Kind wishes,

Isobel