



**Monday 22nd October 2018**

Dear Customer,

I hope this finds you well. The weather is still reasonable, dry, and with the sun is appearing most days. The hawthorns are freakishly laden with red berries, I've never seen so many. They look amazing but according to country folk this means we are about to have the winter from hell. In many ways I can see why that should be the case with the earth's great thermostat regulating the temperature and sinking us into a long freeze after a long, hot, berry-producing summer. A big piece of work for the thermostat without also having to handle our human gaseous waste, our rubbish tip in the sky. I'm not surprised we get these hurricanes trying to blow us off the map.

The benevolent earth still produces our food even though we are undeserving. Only 2.9% of UK farmland, 1% of US farmland and 4% of European land is farmed organically, in a manner which respects and nurtures it. The other 97.1%, 99% and 96% respectively are inhospitable to wildlife, polluting, and destroying of soil fertility.

In the grand scheme of things we aren't doing very well. I would so love to time travel and see what the future looks like. We have probably written it off but we may be surprised. Our life on earth is an epic drama, the greatest story of all but we will miss the last episode, we will never know how it ends.

In the meantime, we have fabulous parsnips in the bags, the first of the autumn, and here are some recipes you could try:

#### **Curry-Spiced Potatoes and Parsnips**

4-500g potatoes	4-500g parsnips
3 tbsp sunflower oil	1 garlic clove, peeled, finely chopped
<b>Curry Spice Mix:</b>	
1 tbsp coriander seeds	half a dozen black peppercorns
½ tsp dried chilli flakes	1 tsp ground fenugreek
1 tsp ground turmeric	¼ tsp fine sea salt

First make the spice mix. Heat the oven to 200C /390F /Gas 6. Put the coriander seeds and black peppercorns in a dry frying pan and toast over a gentle heat for a few minutes, until fragrant. Tip into a pestle and mortar and leave to cool. Add the chilli flakes, then crush to a coarse powder and mix with the fenugreek, turmeric and salt. Peel the potatoes and cut into 3-4cm chunks. Put them in a saucepan, cover with cold water and bring to a rolling boil. Boil for one minute only, then take off the heat and drain well. Peel the parsnips, cut into similar sized chunks and add to the potatoes. Pour the oil into a large, shallow roasting dish and heat in the oven for five minutes. Tip the potatoes and parsnips into the hot oil, add the spice mix and toss so the veg get a good coating of spice. Roast for 40 minutes, giving them a stir halfway through, or until golden and crisp. Stir in the garlic and return to the oven for three minutes. Serve straight away, with thick, plain yoghurt and perhaps mango chutney.

#### **Parsnip and Potato Stack**

1kg new potatoes	400g parsnips, quartered
5 garlic cloves, with skins	mixed herbs
2½ tbsp olive oil	1 tbsp lemon juice
1 tbsp fresh parsley, finely chopped	

Heat the oven to 200°C/180°C Fan/ Gas 6. Cook the potatoes in boiling water for 15 minutes, adding the parsnips halfway through until just tender. Drain the vegetables and place on a large baking tray. To get crispy potatoes, fork to slightly flatten them, but so they remain whole. Add the whole garlic cloves and some mixed herbs to the potatoes and parsnips. Toss in 1½ tbsp olive oil, season well and bake for 30 minutes until crisp. Line an 18cm loose-bottomed cake tin with non-stick baking paper. Squeeze the garlic cloves from the skins and mix them into the veg. Tip the vegetables into the tin and press them down so they're quite tightly packed like a cake. Drizzle over ½ tbsp oil and bake in the oven for 30 minutes. Meanwhile, mix the remaining oil, ½ tbsp cold water and lemon juice together, then stir in the parsley to make a dressing. Carefully remove the stack from the tin and serve with parsley oil dressing drizzled over.

#### **Parsnip and Carrot Burgers**

500g carrots, peeled and grated	250g parsnips, peeled and grated
1 small onion, chopped	410g chickpeas, rinsed and drained
2 tbsp tahini paste, plus 1 tbsp to serve	1 tsp ground cumin
1 Hen Nation egg	3 tbsp olive oil
100g wholemeal breadcrumbs	zest of 1 lemon
½ tbsp lemon juice	150ml pot natural yoghurt

Put a third of the grated carrot and parsnip in a food processor with the chickpeas, onion, 2 tbsp tahini, the cumin and egg. Whizz to a thick paste, then scrape into a large bowl. Heat 1 tbsp oil in your largest frying pan, tip in the remaining carrot and parsnip and cook for 8-10 mins, stirring until the vegetables are softened and starting to golden. Add this cooked carrot and parsnip to the whizzed paste with the breadcrumbs, lemon zest and sesame seeds. Add seasoning, then mix together well with your hands. Divide the mixture into 6, then using wet hands shape into burgers. Cover and chill until serving. Mix the yogurt with the remaining tahini and lemon juice for a dressing, then chill. Heat a non-stick frying pan and brush the burgers with the remaining oil.

*Cook the burgers for 5 mins on each side, until golden and crisp. Serve in or out of toasted buns with the dressing.*

Looking at packaging and how it could be replaced I wondered what people did before toothpaste. Presumably their teeth didn't just drop out. With no photos to examine from pre the mid1800's when Colgate brought toothpaste in a jar to market, I thought early paintings could hold the answer. The problem there is there are no teeth in them, no one ever smiled. Future generations huddled on a barren, shrivelled up planet will look back at our teathy images smiling out at them.

I hope you have a good week,

Kind wishes,

Isobel