



## **Monday 10th December 2018**

Dear Customer,

We have rainbow carrots and kooky candy cane beetroot in the bags this week, very Roald Dahl, and teeming with antioxidants. Like the red beetroot, the Chioggia is rich in folate, manganese, potassium, iron and vitamin C. It is also supposedly an aphrodisiac.....that may or may not be welcome. The ancient Romans believed it promoted amorous feelings - frescoes of beetroot decorated the lupanares, the brothels of Pompeii and Rome. In Greek mythology Aphrodite ate beetroot to enhance her appeal. It may have some basis in reality as beetroot are a good source of tryptophan and betaine, both of which promote a feeling of well-being. It also contains high amounts of boron, a trace mineral which increases the level of sex hormones. So there you have it. Who needs mistletoe. If you want to bottle it and are twiddling your thumbs, here is a lovely recipe for beetroot chutney you could tuck in the cupboard for the festive period.

### **Sweet Beetroot Chutney**

500g beetroot	1 medium onion
2 eating apples	250ml malt vinegar
3 tsp grated root ginger	10 juniper berries, optional
3 cloves	60g muscovado sugar
60g sultanas or raisins	

*Wash the beetroot and put in a pan with water. Bring to the boil and simmer for 45 minutes, or until tender. Remove from the water and leave to cool. Peel and finely slice the onion. Roughly chop the apples, removing the core but not the skin. Put the onion and apple in a large pan then add the vinegar, ginger, cloves and juniper berries if using. Bring to the boil and simmer uncovered for 15 minutes with the occasional stir. Peel the beetroot, cut into small dice and stir into the onion mixture then add the sugar and dried fruit. Continue cooking for a further 10 minutes. Spoon into warm sterilised jars and keep in a cool place. It makes enough for 2-3 x 450g jars. Chutney can be eaten fresh or will keep for 3-4 months unopened.*

### **Roasted Chioggia Beetroot**

2 tbsp olive oil	chioggia beetroot
3 sprigs thyme, leaves picked	salt and black pepper

*Preheat the oven to 400F. Scrub, slice then chop the beetroot into smallish, equal-sized pieces and place on a rimmed baking sheet. Toss with the olive oil, thyme, salt and pepper. Bake for 30 minutes, or until tender and golden.*

### **Persian Cauliflower Omelette**

medium cauliflower	1 medium onion
1 good tsp turmeric	70g parsley
1½ dessert spoons of plain flour	¾ tsp baking powder
6 Hen Nation eggs	pickles and fresh herbs

*Cook the cauliflower in salted water, mash and leave to cool. Chop the onion and fry it in a little oil until soft and golden. Stir in the turmeric and put aside to cool. Wash and chop the parsley. When all the ingredients are cool, mix together the cauliflower, flour, baking powder, onions and parsley. Heat enough oil to cover the base of a large frying pan. While the oil heats, beat the eggs until frothy then stir in the cauliflower mixture. Pour into the hot oil then immediately reduce the heat, cover and cook over a gentle heat for 25 minutes until firm. Turn over and cook for a further 10 minutes. Serve immediately, hot, or cold, with fresh herbs and pickles.*

### **Leek Fondue Linguine**

500g leeks, shredded	60ml white wine
6 tbsp crème fraîche	400g linguine
cheese, to grate	½ lemon
50g butter	

*Put the leeks with half of the butter in a pan and melt the butter around the leeks. Add the remaining butter and white wine and cook very gently for 5 minutes. Add the crème fraîche and cook for another 15 minutes, or until the leeks are meltingly soft. Season well. Cook the pasta and toss it with the leek fondue. Grate cheese over and serve with a squeeze of lemon juice.*

As we near the end of 2018, David Attenborough, on climate change, says we are nearing the collapse of civilisations, that extinction is looming. But maybe that will be for best. A mass extinction, a Wexit, would solve Brexit. In hundreds of millions of years, Brextinction fossils will be found between the stratas of Tesco plastic bags, plastic rocks with claw marks etched into them. It's Sunday and 2 days before 'the vote', leading us nicely into the next chapter from hell.

Anyway, forget about all that. It's Christmas, it's sprouts and parsnips next week. If you are off on your holidays, we hope you have a fantastic time. It's a glorious sunny morning and I am going to go and walk some footpaths with my darling dog.

Kind wishes,

Isobel

Another little reminder about deliveries over the Christmas period:

**Week Commencing 17<sup>th</sup> December** - Deliveries will be on your normal day. For delivery on this week only, we have the Jumbo Christmas Vegetable Bags at £29.50, and the Christmas Fruit Box at £29.50, available with all the fruit and vegetables you need for the seasonal period. Contents for these bags will be on the website this Friday.

**Week commencing 23<sup>rd</sup> December** – Tuesday and Wednesday deliveries will be made on Thursday afternoon into Friday. Thursday and Friday deliveries will be made Friday afternoon into Saturday.

**Week Commencing 30<sup>th</sup> December** – Tuesday and Wednesday deliveries will be made on Wednesday afternoon into Thursday. Thursday and Friday deliveries will be made Thursday into Friday.

**Week Commencing 7<sup>th</sup> January** – Normality resumes