



**Monday 9<sup>th</sup> September 2019**

Dear Customer,

I hope this finds you well and getting back in the swing. It's looking like we might have a little Indian summer on its way. Before the return of the Beast of the East that is of course. New in the bags, the first of the English conference pears.

Here are a few tasty recipes you could try with this week's ingredients:

**Sweetheart Cabbage and Apple Salad**

1 cabbage	2 apples
handful parsley, chopped	2 tbsp apple cider vinegar
2 tbsp olive oil	1 tbsp honey
juice of 1 lime	1 tbsp ginger, grated
salt and pepper	

*Very finely chop the cabbage and core and thinly slice the apples. Put both in a large salad bowl and add the chopped parsley. To make the dressing put the vinegar, oil, honey, lime juice and ginger into a bowl, mix well and season with salt and pepper. Taste and add more honey to sweeten more if desired. Toss the dressing with the salad and serve.*

**Spicy Roasted Vegetables and Lentils**

1 squash	1 onion, halved and thickly sliced
1-2 peppers, deseeded and cut in 1cm strips	2 garlic cloves, finely chopped
2 tbsp olive oil	2 tbsp curry paste
400g tin Puy lentils, drained and rinsed	100ml hot vegetable stock
handful coriander, chopped	

*Heat oven to 200C /180C Fan/ Gas 6. Using a sharp knife, peel the squash. Cut it in half lengthways, scoop out the seeds, then cut into 1cm-thick slices widthways across the squash. Put the squash slices in a large roasting tin with the onion, peppers and garlic. Mix the oil with the curry paste and drizzle over the vegetables. Toss well to coat in the curry mix and season. Roast for 30 mins until the vegetables are beginning to soften. Add the lentils and stock to the roasting tin and mix. Return to the oven for a further 5-10 mins until the vegetables are tender. Stir in the coriander and serve straight away.*

**Delicious Stewed Cabbage**

50g margarine	2 onions, chopped
1 stick celery	2 cloves garlic
1 head cabbage	400g tin chopped tomatoes
salt and pepper	

*Melt the margarine in a large saucepan over medium heat. Add the onion, celery and garlic and cook gently for 3 to 5 minutes, or until translucent. Add the cabbage, reduce the heat to low, and simmer for 15 minutes. Pour in the tin of tomatoes and season with salt and pepper to taste. Cover pan and cook over medium heat for 30 - 40 minutes, or until cabbage is tender.*

I hope you survived another week of the horror show. It made me ill. Having decided I wouldn't look at any news last week, I ended up watching every gruesome twist and turn and ended up in bed with a terrible, vomiting migraine for 2 days. They ask how many people will die if there's a no-deal Brexit. They're probably already dead.

In the usual disrupted sleep which follows a migraine I dreamt I was in the aftermath of a devastating flood and that I was searching desperately in all the floating debris for a Waitrose or an M & S to buy some jellied fruits. I was even asking people who'd just lost their homes if they knew where I could find one. Probably the fear of not having anything to put in the fruit bags in a no-deal ..... and not being able to buy any sweets.

For all I complain about life up here in the Dales, suddenly, after the migraine had subsided, I felt like I was in heaven. The sun came and illuminated my garden with that low, golden, early autumn sun. There were angels in my garden, tiny winged insects dancing above the succulent pink hydrangeas, the mass of orange crocosmia, deep red roses, autumn honeysuckle, the purple michaelmas daisies, the bergamot, the huge ferns on the turn. A little bit wild and unweeded but perfect. My succession planting is paying off. I have the prettiest garden in our street by miles. And I felt like the luckiest person in the world to then be able to step out of my house, cross my lane and through a hand gate onto the 70-acre common land, like an extension to my garden, which slopes down to the river Swale. To the east it has views below across our unspoilt Georgian town, the Norman castle in the foreground and the great Vale of York and Cleveland hills which creep to the coast in the background. Definition was fading and all was a-twinkling as the lights were popping on. To the west the valley meanders away into the Dales towards Cumbria. The sun was setting, the clouds were deep purple and the slivers of sky, a luminous pale turquoise. A barn owl swooped overhead, the bats were darting for midges, and the rabbits were out, nature was stirring, owls were calling out across the valley. It is Lainey's favourite time and place, she runs and runs and I am the only human. What could be better than that.

Anyway, given that we now have no political party fit for purpose, I suggest it's time to replace them with a 10p piece. End of the stupid games, the childish tantrums and histrionics of these idiots. Leave or remain, heads or tails....deal or no deal, heads or tails. Done. The country appears to be running fine without them, displaying that we don't actually need them at all. They are surplus to our requirements. We can put some experts in to replace them. Matt Baker can look after Rural Affairs, Greta Thurnberg, we can ask her to step in for the Environment, Tej Laval in the Business dept, Anish Kapoor in Culture, Phil Mitchell in Security. And we've always got the Queen. She can come and toss the 10p coin, she is on it.

And onwards we go....

I hope you have a good week,

Kind wishes,

Isobel