



**Monday 20<sup>TH</sup> January 2020**

Dear Customer,

I hope this finds you well. The weather has been beautiful and sunny these last few days with stunning sunsets. It's Sunday and the beautiful weather drew me up into the Dales to walk Lainey. The river Swale, normally like frothy coca cola, full of peat and iron ore, was blue like the Mediterranean.

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

#### **Leek and Parsnip Korma**

<i>vegetable oil</i>	<i>1 leek, shredded</i>
<i>300g parsnips, cut in batons</i>	<i>1 tbsp mild curry powder</i>
<i>½ tsp ground cumin</i>	<i>½ tsp ground coriander</i>
<i>2 garlic cloves, finely chopped</i>	<i>5cm fresh ginger, grated</i>
<i>50g ground almonds</i>	<i>450g yoghurt</i>
<i>200g tinned chickpeas, rinsed and drained</i>	<i>1 lime, juice to taste</i>
<i>fresh coriander</i>	<i>flaked almonds, toasted</i>

*Heat 2 tbsp oil in a large saucepan. Add the leeks and fry on a low heat for 5 minutes. Add the parsnip and cook for a further 5 minutes. Add the curry powder, cumin, coriander, garlic and ginger and stir for a minute. Turn the heat to low and add the ground almonds and half the yoghurt. Stir and add 150ml water and the chickpeas. Bring to a low simmer and cook for 10-12 minutes until the parsnips are just tender. Season, add squeeze of lime juice and scatter with coriander and the toasted, flaked almonds.*

#### **Vegetable Stew and Dumplings**

<i>1 tbsp olive oil</i>	<i>1 medium onion, sliced</i>
<i>2 leeks, thickly sliced</i>	<i>2 parsnips, chopped into chunks</i>
<i>400g carrots, chopped</i>	<i>175g pearl barley</i>
<i>225ml white wine</i>	<i>1 litre vegetable stock</i>
<i>1 bay leaf</i>	<i>3 sprigs thyme</i>
<i>small bunch parsley, chopped</i>	

**For Dumplings:**

<i>100g self-raising flour</i>	<i>50g butter</i>
<i>50g Cheddar cheese, grated</i>	<i>2 tsp rosemary</i>
<i>1 tsp thyme</i>	

*Heat the oil in a casserole dish. Add the onion and cook until soft. Add the leeks for 2 minutes then stir in the parsnips and carrots. Pour in the barley and wine and cook until the wine has reduced by half. Add the stock, bay leaf, thyme, parsley and seasoning. Cover, bring to the boil, then simmer for 45 minutes until barley and vegetables are tender. Stir occasionally. Meanwhile make the dumplings. Heat the oven to 200C/ 180F/ Gas 6. Rub the flour and butter together to form breadcrumbs. Add the remaining ingredients and mix well. Sprinkle over 2 tbsp of water, mix to form a soft dough. Divide into 6 and roll into balls. Dot on top of the stew and transfer to the oven. Cook uncovered for 20-25 minutes until the dumplings are golden.*

#### **Leek, Parsnip and Potato Patties**

<i>500g parsnips, peeled and cut into chunks</i>	<i>200g potatoes, peeled and cut into chunks</i>
<i>50g butter or margarine</i>	<i>1 clove garlic, crushed</i>
<i>a tsp ground coriander</i>	<i>a tsp ground cumin</i>
<i>½ tsp turmeric</i>	<i>1 small leek, thinly sliced</i>
<i>fresh coriander, chopped</i>	<i>flour for shaping</i>
<i>vegetable oil for frying</i>	<i>salt and freshly ground black pepper</i>

*Place the parsnips in a medium pan of boiling water and simmer for 10 minutes until tender. Meanwhile, melt the butter or margarine in a frying pan and add the garlic and spices. Cook gently for 2-3 minutes. Stir in the leek and cook for 2-3 minutes until softened. Drain the parsnips, thoroughly, then mash. Stir in the leek mixture into the parsnips. Season generously, stir in the fresh coriander and mix well. Allow the mixture to cool slightly. Using lightly floured hands, shape into 12 patties. Heat a little oil in a large frying pan then cook in batches for 3-4 minutes each side until golden brown.*

It's also been good gardening weather and I've been pulling and sawing away all the dead foliage to let the spring bulbs come through. Our green bin collections stop just when we need them, at the end of November, and don't start again until the end of February. That is apart from one freak collection in the middle of January, apparently. It really upsets me that everyone in my road knows which bin to put out and when. I walked up the road the other day and all the green bins were lined up on the pavement for some phantom collection so I put mine out as well. I never know which week is black bin and which is recycling. They must have bin calendars on their kitchen walls and it really irritates me that they are so organised. It makes me feel slovenly and marginalised.

So, our course is set, a mere two weeks before we leave the EU and enter the transition period and the great unknown. One thing I won't be sad about is to see the back of the Common Agricultural Policy in Britain, the scheme which has been in existence since 1962 which at the time took 73% of the EU budget and still accounts for 38% of it. Its original purpose was to ensure sufficient income for farmers and ensure food security. Back in the day Europe was full of peasant farmers and it made sense to give them this support, but then huge scale industrial farming took hold, and bolstered by these generous subsidies they over-produced and created food mountains. It is a scheme which rewards the biggest, already wealthy, landowners and agri-businesses the most, with an annual payment per hectare, the Single Farm Payment. The Queen receives half a million euros. Food industry giants like Nestle have been paid hundreds of millions of euros. Britain will start phasing out of these subsidies in 2021 starting with those who receive the most, and the new payments will be based on a different set of criteria – on animal health and welfare, water quality, soil fertility, wildlife habitats, tackling climate change, maintaining beautiful landscapes and public access.

Kind wishes, Isobel