



**Monday 6<sup>th</sup> April 2020**

Dear Customer,

It's Sunday and a beautiful spring morning. Richmondshire Council workers have been cutting the grass verge opposite my house, carefully mowing around the clumps of daffodils. Everything appears normal.

Here are a few delicious recipes you could try this week with your vitamin-packed cabbage:

**Cabbage and Fennel Slaw**

2 apples *juice ½ lemon*  
1 large fennel bulb, trimmed, fronds reserved *400g white cabbage, core removed*

**Dressing:**

1 tbsp finely chopped fennel fronds *2 tbsp lemon juice*  
25g flat-leaf parsley, roughly chopped *1 clove garlic, finely chopped*  
1 tbsp extra virgin olive oil *100g mayonnaise*

*Place the dressing ingredients except the mayonnaise into food processor and blitz. Transfer to a large bowl and stir through the mayonnaise and season. Quarter the apples, remove the core and thinly slice. Place in a bowl and stir in the lemon juice. Thinly slice the fennel and shred the cabbage then Add the vegetables and apple to the bowl with the dressing and toss.*

**Garlic and Lemon Sauteed Cabbage**

1 white cabbage, core removed and shredded *1½ tbsp olive oil*  
1 tbsp garlic, minced *pinch crushed red pepper flakes*  
½ tsp sea salt *½ lemon*

*Heat the oil in a very large pan. Add the cabbage, garlic, red pepper flakes and the salt. Cook, stirring occasionally until the cabbage is tender and some of the cabbage begins to turn a light brown. This may be 10-15 minutes. Squeeze the juice from the half-lemon over the cabbage. Taste then adjust with more salt, pepper and lemon juice as needed.*

I guess we have all made it through another week. This really is our war. Amid the deep sadness we all undoubtedly feel for those who have lost their lives and the grief of their loved ones....that's a given..... there is at the same time something glorious and life-affirming as humanity rises up to the challenge. The 21<sup>st</sup> Century has been all about 'disruptive' models. Well this is the mother of them. And never have we been so 'all in it together'. Our whole world united against one enemy, a microscopic fleck of protein.

My brother had stopped answering my emails, stopped answering my calls and texts. That is ever since he came back from my Aunts funeral in Putney. I thought they weren't going to have one but in the end they did but I didn't go. I feel extremely guilty about that but I was too overwhelmed. I felt all this looming on the horizon, I was a nervous wreck.

After about 10 days my brother did get back to me and told me he thought he had Covid and that he caught it at the funeral, and that he was taking an antimalarial drug, he was self-medicating. That freaked me out, did he know the correct dosage, would he get side effects. In anticipation a while back he had to ordered some from Superdrug by telling them he was going to Honduras. It was plausible, there were still flights back then. Boots and other chemists had refused him when he said it was to have on hand for Covid.

Then his fiancé of 25 years came down with it too and started on the drug as well. I rang every day for an update, terrified. They seemed to get through it with mainly just a cough. Now my brother wonders if they did have it after all. I guess they won't know until they sort out the antibody test. Anyway, it was harrowing, I was worried sick. He took things into his own hands.

The WHO is still grappling with whether or not a facemask works and have been astounded that a sneeze can travel as far as 6 metres, especially given their 1 metre 'safe distance' rule. It's ridiculous.

There are always horrible things happening in the world, there always have been, it's never stopped us from having happy times, and it shouldn't now. We need our moments and enjoyment, now more than ever, and we shouldn't feel guilty if we do. There's no merit in us all being frightened and depressed, not all the time, on the contrary, optimism and positivity, that will get us through.

It's now Sunday evening and I have missed the Antiques Roadshow and Dragons Den. I shall take a cup of tea to bed and watch them on I player. I had one half of my walk this morning on the Georgian racecourse and the other half tonight opposite my house on Westfields. The sky was breath-taking - bands of silver, rose and grey, bats were swooping, I sat on a bank under a lime tree and watched Lainey galloping about after rabbits. Away from the newsfeed it's a wonderful world.

Thinking of you and hope you're doing ok, good even,

Kind wishes,

Isobel

