



**Monday 3<sup>rd</sup> August 2020**

Dear Customer,

I hope this finds you well. We've seen a bit of sun up here at last, and we did get that hot day. Not 38.7C but I think we got close to 31C fleetingly before dropping back to 18C. It could be a lot worse.....weather-wise anyway.

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

**Roast Cauliflower with Lemon Caper Salsa Verde**

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|---------------------------------------|-------------------|
| 1 cauliflower                         | 2 lemons          |
| 4 tbsp olive oil                      | 2 cloves garlic   |
| 1 tbsp capers                         | 20g walnut pieces |
| 12g flat leaf parsley, finely chopped |                   |

*Preheat the oven to 200°C / Gas 6. Remove the outer leaves from the cauliflower and cut vertically into slices about 1.5cm thick. Arrange in a single layer in a large roasting tin. Cut one of the lemons in half and cut 1 half into thin slices. Tuck the slices among the cauliflower, then drizzle with half the olive oil, the juice from the other half of the lemon and some seasoning. Cook in the oven for 30-40 minutes, turning once, until tender and golden brown. While the cauliflower is cooking, finely chop the garlic, capers and walnuts, either by hand or in a small food processor – just take care not to over-process. Place in a bowl and stir in the parsley, the finely grated zest of the other lemon with its juice, remaining oil and seasoning. Remove the cauliflower from the oven and arrange on a warm serving plate, then drizzle over the salsa verde and serve.*

**Beer and Gruyere Cauliflower Cheese**

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|---------------------------------------|---|
| 1 large cauliflower, in large florets | 2 tbsp olive oil                          |
| 400ml semi-skimmed milk               | 40g butter, plus extra for greasing       |
| 40g plain flour                       | 100ml pale lager eg Heineken or Budweiser |
| 1 tsp Dijon mustard                   | ½ tsp vegetarian Worcestershire sauce     |
| 1 heaped tbsp crème fraiche           | 150g Gruyère, grated                      |

*Preheat the oven to 200°C / Gas 6. Toss the cauliflower florets with the oil, season and spread out on a large baking tray. Roast for 30 minutes, turning halfway, until browned and tender. Reduce the oven to 190°C / Gas 5. Meanwhile, put the milk in a small pan and heat until just steaming, but not boiling. Melt the butter in a second, larger pan set over a low-medium heat. Stir in the flour and cook for 1-2 minutes, stirring constantly. Swap to a balloon whisk and gradually add the hot milk, whisking gently to create a smooth sauce. Gradually add the lager and bring to the boil. Simmer gently for 6-7 minutes, stirring, until very thick. Season and remove from the heat. Immediately stir in the mustard, Worcestershire sauce, crème fraîche and ½ the Gruyère. Cover and set aside. Butter a medium-sized ovenproof dish. Pile in the roast cauliflower and spoon over the cheese sauce. Scatter with the remaining 75g Gruyère. Bake for 30-35 minutes, until golden and bubbling.*

**Celery Soup**

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|--|--------------------------|
| 1 head celery                              | 2 onions, finely chopped |
| 2 garlic cloves, finely chopped            | 1 tsp salt               |
| 1 medium potato, peeled and finely chopped | 500ml vegetable stock    |
| 50ml double cream                          | 50g butter               |

*Thinly slice the celery stems and core and reserve the green leaves. Melt the butter in a large saucepan and add the celery, onion, garlic and salt. Sweat gently over a low heat for about 20 minutes, stirring often, until soft but not browned. Add the potato and stir together for a couple of minutes, then pour in the stock, plus 500ml water. Bring to a boil, then reduce the heat and simmer for 15-18 minutes until the vegetables are soft. Whizz in a blender until totally smooth, then add the cream and blend again; thin with a splash of water if needed. Season with pepper. Scatter with reserved celery leaves to serve.*

One morning I was woken up by the desperate crying of a lamb on the land opposite my house, I couldn't get back to sleep, it went on and on, the crying pierced through the pit of my stomach. I could hear the faint, ghostly cry of its mother calling to it from faraway. I assumed she'd been taken off, graded out like a knobby carrot. They do that at this time of year. You see trailer loads of old ewes heading for the abattoir deemed unfit to produce any more lambs, unfit to waste any more grass on. I came downstairs, put the kettle on, could still hear them. I couldn't bear it any more. I rushed up to get dressed, I was going to see the farmer, I was going to buy the lamb and the ewe and put them back together. They could live in the paddock I rent near my house. I'm not supposed to be rescuing any more sheep but this was intolerable. Just as I was about to set off I could hear the faint cry of the ewe getting closer and closer and then suddenly all the crying stopped. She had just been the other end of the 60-acre field, they had lost each other..... for hours. I could breathe again.

Until two days later. There must be 500 ewes with their lambs in the field opposite, I could hear commotion. I went out and the farmers were there with their quad bikes rounding them up. This was the day, this glorious sunny day, when the ewes would have their lambs taken from them. This was it, the day I dread. It's the time of year I dread. I can't stand the pain these innocent creatures have to endure.

I came back in and welled up. Late July, early August this is when they are separated. They put the ewes in fields as far away from the lambs as possible and the valleys echo with their desperate cries, their agony. Ewes climb walls, break out of their fields looking for their babies. After days of calling out for them in vain, exhausted the ewes lie motionless, ears back, not eating, broken. The lambs in a different field, the same, exhausted and broken. Go anywhere near any of these fields, they look up, they rush over, they think their babies / their mums are back. The lambs will be fattened up now for the September sales, maybe live exported for slaughter, still not banned.

It's one of the things that most concerns me about the virus, that all the things we were gaining traction with – animal rights, plastic pollution, climate change etc. etc, everything has gone on the back burner. And as we know, animal welfare is always the thing that falls to the very bottom. I guess we are all feeling a bit broken, but there's everything to fight for out there, our causes need us.

Kind wishes and sorry to not be too chirpy this week,

Isobel