



**Monday 5<sup>th</sup> July 2021**

Dear Customer,

It's all happening this week. In the bags we have the first broad beans, the first new potatoes, and the spectacular kohlrabi. The latter comes from the cabbage family, a young niece. It is very popular in Germany and South India and is highly nutritious, with lots of potassium, vitamin C and antioxidants. You could make a delicious, crunchy slaw of grated kohlrabi, carrots, apple, sliced orange and fresh, chopped herbs. It can also be added to stews and stir-fries, steamed, sauteed or boiled. You could slice it, drizzle with olive oil, add garlic and seasoning, then roast it on each side in a hot oven until golden and tender.

Here are a few other recipes you could try:

**Broad Bean and New Potato Frittata**

2 tsp olive oil	1 onion, thinly sliced
200g new potatoes, cut into 0.5cm slices	150g podded broad beans
4 Hen Nation eggs, beaten	5g dill leaves, chopped
60g cheese, crumbled or grated	

Preheat the grill to high. Bring a pan of water to the boil. Heat 1 tsp olive oil in a small, ovenproof non-stick frying pan over medium heat. Add the onion and fry for 7-8 minutes, until golden, then transfer to a bowl. Meanwhile, add the potatoes to the pan of boiling water. Boil for 3 minutes or until just tender, then use a slotted spoon to transfer to a plate. Boil the broad beans in the water until tender then drain. Add the remaining oil to the frying pan and cook the potatoes with some seasoning, in two batches, over a medium heat for 4-5 minutes, turning occasionally until golden. Add the onions and broad beans. Meanwhile, mix the eggs, dill and most of the cheese together. Season. Pour over the vegetables, stir and cook until starting to set. Crumble the remaining cheese on top, then grill for 5 minutes until cooked through and golden.

**Broad Bean and Rice Salad**

250g wholegrain rice	1 vegetable stock cube
200g podded broad beans	50g toasted flaked almonds
1 small onion, finely sliced	2 tomatoes, diced
2 tbsp vinaigrette	fresh flat-leaf parsley, chopped

Cook the rice in 1 litre water with the stock cube for 20-25 minutes until tender. Drain and run under cold water to cool. Meanwhile, cook the beans until tender, drain and cool. Mix remaining ingredients together. Toss in the rice and beans, season and serve.

**Kale and New Potato Bake**

750g new potatoes, washed and finely sliced	1 tbsp extra virgin olive oil
1 onion, finely chopped	3 garlic cloves, chopped
½ tsp chilli flakes	400g curly kale, thick stems removed, leaves shredded
For the Gruyère sauce:	
110g Gruyère, grated	50g organic butter, diced
50g plain flour	500ml organic milk

Preheat the oven to 220°C/ Gas 7. Boil the potatoes for 5 minutes until just tender, then drain. Heat the oil in a large frying pan over a medium heat. Sauté the onion for 8 minutes until softened, then add the garlic and chilli and fry for another minute until fragrant. Stir in the kale, cover and cook for 6-8 minutes until wilted. Season and set aside. Meanwhile, make the sauce. Put the cheese in a bowl. Melt the butter in a saucepan over a low heat, then add the flour and cook, stirring constantly, for 3-4 minutes until pale golden. Gradually whisk in the milk until you have a silky sauce. Heat, stirring, almost to a simmer, then take off the heat. Add two-thirds of the cheese then season. Lay half the potatoes in a baking dish and cover with the kale mixture. Top with the remaining potatoes and pour over the sauce. Finish with the remaining cheese and bake for 25 minutes until golden.

I went for a walk the other evening. It was eerie. There wasn't a sound, not a car on the road, no-one anywhere. Mankind had suddenly vanished, as if the last mutant had finally finished us off. I realised the football must be on. I went down to the river and a group of young girls were diving into the Swale in their underwear, completely uninhibited with no boys around. I've been watching a bit of the football - the tail end of the second halves, the extra time, and the penalty shoot-outs. Arriving mid-match it takes a while to work out which team is which, and then work who the under-dog is to pick a side. Vaguely patriotic, I wanted England to win but I also wanted Ukraine to win, given what Russia is doing to them and that we won't let them join NATO.

It's Sunday morning, and our game was yesterday. So used to bitter disappointment it was bewildering seeing England play so well, play brilliantly. It must be some sort of a fluke.

I had an unwelcome letter from the Zetland Estate saying they would not be renewing my licence in september for the 4-acre paddock, next but one to my house, and which I have rented for the last 12 years. I don't have sheep on it at the moment, I have turned it into a nature reserve. The grasses are up to my chin, and there must be an acre of thistles at least and another acre of nettles. Is this why they want it back. I'm supposed to be responsible for managing it and I doubt they share my enthusiasm for field mice and moth habitats.

Alas, this morning came the ominous email from the Earl of Ronaldshay letting me know that contractors would be going into the field to carry out a land assessment, and that they would be drilling holes to determine the geology. It doesn't sound like they're going to be planting a community orchard then. The question therefore is, will they be going for 4 or 40. We need to make the most of our peace and tranquillity while it lasts.

My plan had always been to bring the sheep back here when their numbers were dwindling. He'd said they might have some land for me later in the year, close by, up Hurgill Road. I think he means fields adjacent to the Georgian racecourse. But when he sees how I have returned the paddock to the wild, he might think again.

I hope you have a good week,

Kind wishes,

Isobel