



**Monday 27<sup>th</sup> June 2022**

Dear Customer,

I hope you this finds you well. Quite pleasant weather up here - cool'ish, breezy and cloudy, but with sporadic bursts of hot sunshine.

Here are a couple of tasty recipes you could try this week:

### **Broad Bean, Pea and Courgette Tortilla**

3 <i>tbsp olive oil</i>	350g <i>new potatoes, scrubbed and thickly</i>	
<i>sliced</i>	1 <i>small onion sliced</i>	1
<i>medium courgette, cubed</i>		300g <i>frozen</i>
<i>peas, defrosted</i>	300 g <i>broad beans, podded</i>	
5 <i>Hen Nation eggs</i>	<i>fresh mint leaves, chopped</i>	

*Heat half the oil in a large frying pan over a medium heat. Add the potatoes and onion and season. Cook for 15 minutes, turning occasionally until tender. Add the cubed courgette, increase the heat and cook for a further 3-5 minutes until the potatoes are golden. Meanwhile cook the peas and broad beans in a pan of boiling water for a few minutes until just tender. Drain then add to the potatoes and cook for a further couple of minutes. Place the eggs, mint and seasoning in a large bowl and beat lightly with a fork. Add the hot vegetables from the pan and mix. Warm the remaining oil in a frying pan over a medium heat until hot. Pour in the egg mixture, stir with a fork, lifting the middle of the tortilla to let the runny egg down into the base. Cook for 4-5 minutes until set and the base is golden. Invert onto a plate then slide back into the pan and cook for another 3 minutes until cooked and golden.*

### **Cabbage Lasagne**

½ <i>cabbage, cut into 2cm strips</i>	1 <i>bay leaf</i>
½ <i>small onion</i>	2 <i>garlic cloves, bruised</i>
6 <i>fresh lasagne sheets</i>	750ml <i>organic milk</i>
45g <i>organic butter, plus extra for greasing</i>	3 <i>tbsp plain flour</i>
8g <i>sage, leaves chopped</i>	1 <i>pinch freshly grated nutmeg</i>
50g <i>walnuts, roughly crushed</i>	125g <i>mozzarella, torn</i>
50g <i>grated organic cheese</i>	

*Bring the milk to the boil with the bay leaf, onion and garlic. Set aside for 15 minutes to infuse, then strain. Meanwhile, cook the lasagne sheets in boiling water for 3 minutes until al dente, then refresh in cold water. Drain and pat dry on a clean tea towel. Blanch the cabbage in boiling water for 3 minutes then drain. Pat-dry thoroughly. For the sauce, melt the butter over a low heat and add the flour and sage. Stir for 2 minutes, then slowly pour in the infused milk, whisking all the time until smooth. Simmer for 3-4 minutes. Add the nutmeg and walnuts then season. Preheat the oven to 200°C/ Gas 6. Grease a 22cm x 16cm baking dish. Set aside one third of the sauce and stir the cabbage into the rest. Cover the base of the dish with a little of the plain sauce, then top with 2 lasagne sheets. Cover with half the cabbage then add another 2 lasagne sheets and the remaining cabbage. Top with the final 2 lasagne sheets, spoon over the remaining plain sauce and scatter with the cheeses. Bake for 40-45 minutes until golden.*

I am beyond late. It's already Tuesday and I've been trying to track down the whereabouts of the Italian cherry tomato and Cantaloupe melon pallet which is late having missed its connection in Perpignan.

It's been another normal week in these most abnormal of times. Human beings amaze me, how they go about business as usual in plague, famine, and with hypersonic missiles whizzing past: a government slowly marching them (us) off the abyss.

The sheep were all sheared last Tuesday and despite their age, look brand spanking new. After a spell on the fields surrounding the farmhouse, they are back down the river where they go foraging for wild flowers and interesting tree barks. They nourish themselves, nibbling at what they need in nature's medicine cabinet. Once upon a time all sheep would graze in flower meadows. Today they graze on mono-grass - rye grass, a generic, fast-grower, enabled with nitrogen - all 'weeds' and other plant species sprayed to oblivion. Every mouthful tastes the same, as my friend says of soup.

What a miserable state we have brought our natural world to. Since the 1930's we have lost a staggering 97% of our flower meadows. They were important wildlife habitats, which among other things, supported 250 species of bee on the diversity of their pollens. While we read about projects to restore our biodiversity, a new Wildlife Trust garden for example, great, but they are merely the new 'parks'. They are seed banks, as we continue to watch everything being destroyed. Farming covers 70% of our land and carries on unchallenged in its industrial practices with its toxic chemicals and destruction of hedgerows and habitats. But let's face it, there's not much left to lose anymore, with Britain being one of the most nature-depleted countries in the world. Our hyper-awareness does absolutely nothing to address it. Our national parks, OUR National Parks, 6281 square miles of them, are a joke - kept deliberately barren for a few blood-thirsty idiots to blast innocent birds to death.....for the benefit of already rich landowners who've been creaming off millions in subsidies - paid by.... us. The water companies make billions from us and they have turned our rivers into sewers - 400,000 discharges of raw sewage into our rivers each year - now probably including Polio, Monkeypox and Covid. It is all one hell of a horror show. We pay them all to hasten nature's demise, and indeed our own.

If we ever needed a new way of running this country, a different electoral system, it is now. But even then, do most people give a damn. We are our own worst enemy.

Just leaving you with this week's 'brain fog' teaser. At lunch with my friend we struggled - 'you know, the woman who chairs Select Committees....married to Ed Balls....is it Hazel something?...no....Susan ?.....no'. It was left unresolved. However, on returning home, with no need to Google, she came to me. You got her? Straightaway? You're still in good shape.

Hope you have a good week.....Kind wishes, Isobel