



Monday 25th July 2022

Dear Customer,

Thankfully the weather is feeling a bit more normal for the moment. Up here at least. We even had a bit of rain.

I am late this week. It is Monday morning and I received a text from Diane, with a picture of a LFT showing she is Covid positive. She is in bed shivering and her head is throbbing. It sounds terrible, and I am lost without her so this will be brief while I try to remember how to do the things that she does. I am not very capable as the backup !

All being well, you will receive your delivery this week and here are some tasty recipes you could try:

Roast Butternut Squash Mac and Cheese

500g butternut squash

1 tbsp chopped fresh sage

225g macaroni

40g plain flour

175g organic mature Cheddar, grated

1 clove garlic, crushed

1 tbsp olive oil

40g organic butter

600ml organic semi skimmed milk

Preheat the oven to 190°C/ Gas 5. Peel, de-seed and cut the squash into 4cm chunks then put in a roasting tin and scatter over the garlic and sage and drizzle over the oil. Roast for 30 minutes until the squash is tender and golden. Meanwhile, cook the macaroni in boiling water for 8-10 minutes until tender. Drain and set aside. Melt the butter in a pan and stir in the flour. Remove from the heat and gradually stir in the milk to form a smooth sauce. Return to the heat and cook, stirring continuously, until it comes to the boil. Reduce the heat and simmer for 2 minutes. Remove the sauce from the heat and stir in two thirds of the grated cheese.

Preheat the grill to high. Stir the macaroni into the cheese sauce then fold in the squash. Spoon the mixture into an ovenproof dish and scatter over the rest of the cheese. Place under the grill for 3-5 minutes until bubbling.

Cavolo Nero with Roasted Squash

butternut squash, deseeded and cut into 3cm chunks

3 tbsp olive oil

1 garlic clove, finely grated

1 red chilli, sliced

250g pack ready-cooked freekeh

150g halloumi (optional)

2 small onions, cut into wedges

½ lemon, juice

½ tsp honey

200g cavolo nero

Preheat the oven to 220°C/ Gas 7. Toss the squash and onion with 1 tbsp oil and spread over a parchment- lined baking tray. Season and roast for 20 minutes. Meanwhile, make the dressing by mixing the remaining 2 tbsp oil, lemon juice, garlic, honey and red chilli; season and set aside. Turn the oven down to 180°C/ Gas 4. Strip the cavolo nero leaves from the stalks (save the stalks for soups or juicing) and tear into 6-7cm pieces. Combine with the squash in the roasting tray and roast for 5 minutes. Next, stir in the freekeh and roast for another 5 minutes. Meanwhile, heat a large frying pan over a high heat. If using halloumi, cut into 12 slices and fry for 1-2 minutes on each side until golden. Transfer the squash, cavolo nero and freekeh mixture to a large serving plate. Arrange the hot halloumi on top and spoon over the dressing.

Warm French Bean and Lentil Salad

185g Puy lentils

1 lemon, juice

½ tsp caster sugar

flat-leaf parsley, roughly chopped

2 tbsp extra virgin olive oil

2 tsp red wine vinegar

200g beans, trimmed and halved

Put the lentils in a saucepan with 750ml water and bring to the boil. Reduce the heat and simmer for 15-20 minutes, or until tender, then drain. Whisk together the olive oil, lemon juice, red wine vinegar and sugar in a large serving bowl and add the hot lentils.

Blanch the beans in a pan of boiling water until tender. Toss the beans into the lentils, along with the chopped parsley.

It's hard to have any optimism these days for the future of the world. And what a horror show we have playing out for our next Prime Minister, who it seems is a foregone conclusion. Policies are changing by the day, ever more extreme, designed, not for the benefit of the country but for the voting members of the Tory party.....which the other 69 million of us will then have to live with. It is beyond absurd. Today it seems to be about goading China, vying for who can be toughest. That psychopath in the Kremlin must be delighted. It isn't about being tough, it's about being realistic and of having self-awareness as a nation. We need to talk to China else what hope as our planet burns and as world peace disintegrates. We have such pressing issues which can only be tackled globally. Aren't we all just fed up with this puerile behaviour: the posturing and game playing. I certainly am. I'm sick of it.

Well that was a miserable paragraph. I'm sorry. I'm trying to find something positive to round up with but I can't think of anything.

Hope you have a lovely week,

Kind wishes, Isobel