



Monday 1st August 2022

Dear Customer,

We've had a nice load of rain up here in the Dales. The rivers and streams have been topped up and the grass is a little greener. Not much help for our growers in the drought-struck SE though as they struggle to keep their crops alive.

Here are a few tasty recipes you could try this week:

Slow Roasted Fennel and Cherry Tomatoes

fennel

1 pinch caraway seeds

200g cherry tomatoes

olive oil

Preheat the oven to 160C/ Gas 3. Trim and cut the fennel into wedges. Lay them in a roasting dish and scatter over the tomatoes and caraway seeds. Season well with sea salt and black pepper and drizzle with olive oil. Cook for 1 hour or until the fennel is tender and caramelized.

French Bean and New Potato Curry

400g new potatoes, cut into chunks

1 tsp sunflower oil

70g Madras curry paste

250ml vegetable stock

fresh coriander, chopped

200g french beans, trimmed and halved

1 medium onion, finely chopped

125ml coconut milk

2 tsp crunchy peanut butter

wholegrain rice

Bring a pan of lightly salted water to the boil. Add the potatoes and cook for 8 minutes or so, until nearly tender, then add the green beans and cook for another 2 minutes. Drain. Return the saucepan to a medium heat and add the oil. Fry the onion for 5-7 minutes with a pinch of salt, until softened. Stir in the curry paste and coconut milk, then add the stock, peanut butter, green beans and potatoes. Cook over a medium heat for 5 minutes, or until piping hot. Season. Stir through the coriander. Serve with the rice.

Penne with Cherry Tomatoes and Peppers

300g peppers, halved and deseeded

250g cherry tomatoes, halved

½ tsp fennel seeds

2 tbsps olive oil

350g penne pasta

1 large garlic clove, crushed

mint leaves, torn

Grill the peppers, skin-side up, on a lightly oiled baking sheet for about 12 minutes, or until the skins have turned black. Put the peppers into a bowl and cover; leave for 5 minutes, then peel off the skin and cut the flesh into strips. Return the strips to the bowl with any pepper juices. Cook the pasta according to packet instructions. Meanwhile, stir the tomatoes, garlic, fennel seeds and mint into the peppers. Crush the tomatoes lightly with a wooden spoon; season and add the oil. Toss the drained pasta into the red pepper and tomato dressing, with extra olive oil drizzled over.

I'm sorry to say that I didn't watch the football. Great to see the women be so successful, we shall look forward to parity of stratospheric salaries, and Sloane Street frequenting HABS. (WAGS are 'wives and girlfriends of sportsmen'). But to be honest, it's all just making me feel really depressed and angry. We seem to be in this permanent state of celebration. And it's all whipped up and exacerbated by the media. As a society we are living in complete and utter denial. That might be ok, enjoy life while we can. Except it isn't ok. While we ignore the issues facing us, we merely hasten our demise. We can't just 'party'. Why can't we be celebrating how collectively we have eliminated plastic waste: plastic lawns; reduced our energy consumption; re-wilded our city spaces and national parks; stopped pumping raw sewage into our waterways; eliminated factory fuming and the wholesale murder of our wildlife; etc. etc etc.eliminated Covid.

There is so much we need to do, and we could do it together as a society, but there is no will, no leadership, no messaging, no bringing us together, on any of these issues. It is each for themselves and the majority just feel free to ignore. I admit, it does all look hopeless, but all the more so when we are doing nothing about it. That must be a very depressing thing for a young person who cares and has their whole life ahead of them - they plan for what ! Time for some proper goals and achieving things which really should be celebrated. Surely ? Ok I'll say it. I don't give a damn about football, whatever the gender. I'd rather see 11 strong women get a team together to tackle our contribution to ocean plastic than kick a ball round a field for England. There probably are such teams of strong women, but they just aren't celebrated. And I apologise for any offence this might cause.

But back here in the real world, in party-land, not much to report.

I hope you have a good and frivolous week 😊,

Kind wishes,

Isobel