



**Monday 21st November 2022**

Dear Customer,

Straight in with a few very tasty recipes you could try this week:

**Golden Beetroot Risotto**

40g organic butter	½ onion, finely chopped
1 clove garlic, grated	1 tbsp chopped fresh sage
175g arborio risotto rice	75ml dry white wine
500ml hot vegetable stock	175g peeled and coarsely grated golden beetroot
75g crumbled Wensleydale cheese	juice and zest of ½ lemon
finely chopped chives	

Set the oven to 190°C / Gas 5. Melt 30g of the butter in a small oven proof pot that has a lid over a medium heat. Add the chopped onion and a pinch of salt, and cook, stirring frequently, for 7 minutes until starting to soften. Add the grated garlic and sage and cook for a further 2 minutes. Add the arborio rice and cook for 2 more minutes, stirring regularly. Add the wine and let it reduce in the pan until nearly dry, continuing to stir. Add the grated beetroot and stir through to ensure all the ingredients are evenly distributed. Add the stock, a generous grind of black pepper and a pinch of salt. Allow the risotto to come to simmering point, stir and then put the pot in oven, with the lid on, for 20 mins. Stir halfway through. After the 20 minutes, remove from the oven. Stir well, adding the remaining 10g of butter, the crumbled cheese, the lemon zest and juice and a good grind of black pepper. Serve topped with chopped fresh chives.

**Beetroot and Coconut Soup**

1 tbsp sunflower oil	1 tsp cumin seeds
1 medium onion, diced	500g beetroot, chopped into smallish chunks
3 cloves garlic, finely chopped	1 thumb-sized piece of ginger, peeled and grated
1 red chilli, chopped	1 lime, zest and juice
500ml vegetable stock	1 tin coconut milk
fresh coriander, finely chopped	

Heat the oil in a large saucepan. Add the cumin seeds then the onion. Sautee for 2 minutes then add the chilli, garlic and ginger. Stir for a few minutes until the lovely aromas are released and onions slightly browned. Add the beetroot and vegetable stock and leave to come to the boil with lid on. Reduce to a simmer and leave for 20 minutes, until the beetroot is tender. Transfer to a blender and whizz until smooth. Stir in the coconut milk, lime zest, and salt & pepper to taste. Garnish with chopped coriander and a squeeze of lime to serve.

**Vegetable Croquettes**

800g potatoes	200g red peppers, diced
100g kale, stems removed, leaves finely shredded	onion, minced or small diced
handful of parsley	3 garlic cloves, minced
1 Hen Nation egg	breadcrumbs
½ tsp paprika	1 tsp oregano

Preheat the oven to 200C / Gas 6. Boil the potatoes until just tender and mash. Stir-fry the other veg until tender, seasoning with paprika then add to the potato along with the egg, parsley and garlic. Mix well to and season. Form the croquettes into small, flattened rounds and roll them in breadcrumbs. Place in an oiled baking tray. Bake until golden brown, around 15 minutes.

One minute the forecast was for light rain, the next it was for heavy rain and potential floods. I called Mick who looks after the sheep and said we needed to move them off the river. The usual protestation ensued 'they'll be fine...the river wasn't up last time I saw it...it's not raining here at the moment'. " How do you know they'll be fine....you don't know how much rain's going to fall and where it's going fall.....it's fine until that one time it isn't fine.....I would never get over it.....they're on a flood plain.....you know how fast that river can rise.....they need to be moved now while it's still light". We have the same argument every time.

He told me he was feeling terrible and thought he had Covid and that he would ring Robert who owns the farm to see if he would help me.

Robert rang and said could I go there now and he would help. I belted over, it's about 10 miles away. It was still light and it wasn't raining. Robert was with some builders who were inspecting the roof of his farm cottages. He said he would just be a few minutes. I said I'd get some sheep nuts and go up the ¾ mile farm lane and rouse them so we'd be ready. He suggested I fill any gaps in the fences as I went, which I did. The sky went black and the heavens opened, the lane was wet and muddy. I got to the gate and started to call them. Their field is about ¾ mile long, and thin, wending its way alongside the river. I have a sheep voice. It's very high pitched and carries down the field, round all the bends and into the woods and crevices of the river bank. I call them in two syllables " sheee-eep" and on repeat "sheee-eep, shee-eeep, sheee-eep, shee-eep, shee-eeepies" for about 15 minutes ". I was now drenched and freezing, and every time I said 'sheep', Lainey, covered in mud, leapt up at me. She thought it was brilliant. They started arriving at the gate. Eventually they were all there. But no sign of Robert. I kept calling them and throwing sheep nuts to try and keep their interest. But they don't like standing in the rain, and after an hour, they all started wandering off again and disappeared. Eventually he rang me. The builders had gone but there was a massive piece of farm machinery in front of the gate where the sheep were going but didn't he have the keys for it. It was another hour before he appeared, it was getting dark now, the deluge was relentless and the river visibly rising. Eventually we got them up the lane and to safety.

It can rain all it wants now. I got home feeling like I'd spent two hours lying in a ditch and have felt cold ever since. At 1am that night I got the Environment Agency flood warning.

Against all the odds I have a lovely new Izzy Lane capsule collection with some beautiful coats, other wovens, and a new selection of super-soft, warm, over-sized throws. All at [www.izzylane.com](http://www.izzylane.com) and as a treasured Farmaround customer, you have a 10% discount code FAR22 if there's anything that interests you. I would love to do more but the costs have gone stratospheric.

Lots more I was going to tell you but no more space to tell it in.....Kindest wishes, Isobel