



**Monday 3<sup>rd</sup> July 2023**

Dear Customer,

I hope this finds you well. Summer as we knew it in June has gone. That wonderful hot plume has fluttered off, and we are back to traditional summer weather - a bit of sun, a lot of dullness, blustery, sometimes nippy, and rain at times. It also feels oppressive. I've been exhausted and put it down to the weather. I didn't even make it as far as the Antiques Roadshow last night before falling asleep on the sofa, woke up at 9pm, went straight to bed. Total sleep, 11 hours. I won't be able to sleep for days now.

The English produce is getting going now thankfully and we have the Edwards' cauliflowers in the bags this week, along with their pointed cabbages grown in the peaty fens. And here are some tasty recipes you could try:

**Andalucian Crispy Cauliflower**

½ cauliflower, broken into small florets	2 tbsp gram flour
1 tsp paprika	sunflower oil for deep-frying
1 dstspn red wine vinegar	1 tbsp capers
1 tbsp chopped parsley	salt and black pepper

Soak the capers in cold water for 20 minutes, then squeeze dry and chop. Cook the cauliflower florets in boiling salted water for a few minutes, until just tender. Drain the cauliflower, and while it's still hot, put it in a bowl with the flour, paprika and some salt and pepper. Mix it together until the cauliflower is coated with flour. Heat the oil to 190C in a deep-fat fryer or a deep, heavy-based saucepan. Fry the cauliflower florets in batches until crisp and golden, then remove from the oil and drain on kitchen paper. Sprinkle with the vinegar, chopped capers and parsley, and serve.

**Cauliflower Omelette**

1 cauliflower	1 large onion
oil for frying	2 tsp turmeric
120g parsley	3 dstspn plain flour
1½ tsp baking powder	8 Hen Nation eggs
pickles and fresh herbs	

Wash the cauliflower and cook in salted water. Mash and leave to cool. Chop the onion and fry in a little oil until soft and golden. Stir in the turmeric and set aside to cool. Chop the parsley. When all the ingredients are cool, mix the cauliflower, flour, baking powder, onions and parsley. Heat enough oil to cover the base of a large frying pan. While the oil heats, beat the eggs until frothy, then stir in the cauliflower mixture. Pour into the hot oil, then immediately reduce the heat, cover and cook over a gentle heat for 25 minutes until firm. Turn over and cook for a further 10 minutes. Serve immediately with mixed pickles and fresh herbs.

We have a tech guy who looks after us, gets us out of difficulty. The only problem is that we never understand a word he says. He has neither the ability nor inclination to give us anything in layman's terms. This could be deliberate. We just agree with him, nod, and say 'yes, do that'. It's always an ordeal for him and us from the very first question - 'what are your log in details?' - 'I don't know'.

But now we not only have to try and understand him but understand his robot. He said "I've asked my AI to analyse my thoughts on this and provide a summary that will likely be in the report". AI ? This is Richmond, North Yorkshire. 'Eh aye' means 'hello', or is it 'aye oop'.

I needed to change the text on the Izzy Lane website, wanted it to be less puffed up. I wrote it and asked him if he could upload it. I had chosen the words 'I started Izzy Lane.....', he said it would be better to write 'I founded.....'. But I deliberately chose 'I started' over 'I founded'. He wanted to put my text through AI. I know my punctuation is confused - anarchic and random. My commas and semi-colons have minds of their own, but my words are intended. He wouldn't listen, was convinced AI would do a far better job, and put me through the filter with a 'disruptive brand' setting.

This is all AI speaking: " We liberated 700 sheep from the brink of slaughter and provided them with a sanctuary in the idyllic Yorkshire Dales, a true haven for these gentle creatures.....Izzy Lane fiercely champions animal rights, ensuring that their voice is not only heard but roars loudly in the fashion industry.....Izzy Lane valiantly defies convention as the first-ever slaughter-free wool brand, creating a beacon of hope for compassionate fashion....."

Oh come off it AI. The purpose of my own revised text was about de-puffing it, deflating it, and here is robot going overboard, puffing it up to bursting point. Our tech guy then asked if I wanted to use that version instead, which, without wanting to offend, I declined. 'Maybe just keep with what I wrote'. He was offended.

Dreadful scenes from Paris and around France these last few days. Would such riots happen here on that scale ? We have had our moments. I remember the Brixton riots – the burning, the looting, the rapes. All have the same trigger, an unjust killing or killings. Peace and stability are by consent, inclusivity and respect are prerequisites. I don't think anything as extreme would happen here - that we are all so diverse and disparate is what unites us. We bubble up in healthy protest at times but I don't think we would burn down libraries and health centres.

After waiting for months and ringing them nearly every week, I have literally just had a call from the dentist's receptionist giving me my appointment. Next Thursday at 2pm. What a way to start the week, with a panic attack. Not sure how I'll get through the next 10 days. I wasn't their top priority after having told them months ago exactly what I wanted them to do and how I wanted them to do it. They didn't take it well – prima donna. But they are specialists in dental phobics and know we have to be in control. It's why I couldn't go to another dentist and have had to wait. Counting down the hours now.....

I hope you have a good week,

Kind wishes,

Isobel