



**Monday 23rd July 2023**

Dear Customer,

It's Sunday, and foul. We have double raindrops, heavy rain, for the next 24 hours. It's on a roll, it just won't stop. This or the raging infernos of the rest of the world – what a choice. At least drought is off the cards for the moment ...here anyway.

In the bags this week we have the first purple carrots of the season from Suffolk, along with Suffolk French beans. We have done a trip up to Herefordshire to collect Gatsby new potatoes, our pointed cabbages and green Excipio frizzy lettuces.

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

**Braised Kale and New Potatoes**

200g tomatoes, roughly chopped  
2 garlic cloves, finely chopped  
1 bay leaf  
500g new potatoes, cut into chunky wedges  
olive oil

60g green olives, roughly sliced  
1 tsp thyme leaves  
150ml white wine  
handful of parsley, finely chopped  
100g kale, shredded

Warm 2 tablespoons of olive oil in a large, shallow casserole or saucepan. Add the tomatoes, olives, garlic, thyme, and bay, and cook gently for 5 more minutes. Add the wine, potatoes and kale then season with salt. Turn up the heat and let bubble for a few minutes, until reduced by about half. Add 100ml of water to the pan and reduce the heat to a simmer. Put the lid on and cook gently for 20-25 mins, or until the potatoes are tender. Take off the heat and leave them for 10 mins to soak up more flavour. Adjust the seasoning and serve garnished with parsley.

**Purple Carrot Houmous**

400g tin chickpeas drained  
350g purple carrots, steamed until tender, chopped  
zest & juice of 2 lemons  
1 tsp cumin

160g tahini  
150ml olive oil  
2 cloves garlic, minced

Combine the chickpeas, tahini, carrots, lemon juice, lemon zest, garlic, cumin, and salt in a blender. With the motor running, slowly drizzle in the olive oil and blend until smooth. Taste and adjust seasoning as needed, adding more olive oil, lemon juice, garlic, cumin or salt if necessary.

**Green Bean, Tomato and New Potato Salad**

marinated tofu pieces  
225g baby new potatoes  
4 tbsp olive oil  
handful fresh herbs

220g French beans, halved  
2 tbsp fresh lemon juice  
1 clove garlic, crushed  
200g tomatoes, quartered

Cook the beans in boiling water for 5-7 minutes or until tender. Cook the potatoes in boiling water for 10-15 minutes or until tender.

While cooking, mix together the lemon juice, oil, garlic and herbs, and season to taste. Toss the tomatoes, beans, potatoes and marinated tofu pieces together and drizzle over the dressing.

**Soft Fruit Oat Crumble**

200g plain flour  
175g golden caster sugar  
800g-1k peaches / nectarines / plums / pears  
1 vanilla pod, seeds of

100 g butter  
100 g oats  
1-2 pieces jarred stem ginger, finely chopped  
1 apple, very finely sliced

Preheat your oven to 180°C / Gas 4. Whizz the flour, butter and 75g of the sugar together in a food processor and tip into a bowl. Rub the oats into the mix with your fingers and set aside. Chop the fruit into chunks and toss in a bowl with the stem ginger, remaining sugar and vanilla seeds. Spoon into a large ovenproof dish, cover with slices of apple and heap the crumble topping on top. Bake in the oven for about 45 minutes, until cooked through and golden brown on top.

There's no news here. It's one of those days when there's just nothing to say about anything. Life has become so boring that I have just performed tests on my tap water. In trying to find new angles to object to the housing development I pondered lead. Ninety nine per cent of the lead piping in Yorkshire has not yet been replaced. Would it be morally acceptable to link 32 new housefuls of people, including small children, to the lead pipe network, and poison them.

I contacted Yorkshire Water and apparently our piping is iron. Iron !!! Seemingly the only lead pipes would be the ones leading into our properties. A neighbour told me that lead would barely be present because our water is so hard that the limescale would insulate the water from the lead piping. Interesting thinking.

I got a test kit anyway, a box of tapers, pipettes and test tubes and a set of instructions. I tested for copper – 0. I tested for iron – 0. Chlorine – 0. Nitrates – 0.5 ppm, negligible. The PH is 8.5, so the top end of alkaline which is good as it means there won't be pipe corrosion and those toxins entering the water. As for hardness, a score of 250, which is pretty hard but not excessively so. My lead test was inconclusive, a tentative negative, but Yorkshire Water are coming to test it free of charge on 10th August. I'm on with culturing for bacteria but won't have the results for 48 hours.

I deduced that our water quality is reasonably good and saw no reason to raise an objection to the housing estate on the basis that new residents would get brain damage. We can't leave a single stone unturned. So anyway, if you're bored on a rainy day or looking for something for children to do over the holiday, I highly recommend getting the tap water test. It's fascinating.

Very best wishes and hope you have a good week,

Isobel