



Monday 21st August 2023

Dear Customer,

I hope you are well. As for the weather, it is as usual, uncertain. Sunday morning and after a damp start it's sunny'ish and blustery. Shall I watch the football ? Erm. No. I'm going out.

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

Roasted Broccoli and New Potato Salad

650g potatoes cut into 3cm chunks	head broccoli, chopped into florets
100g cavolo nero, finely shredded	60g almonds roughly chopped
2 tbsp olive oil	salt and pepper to taste
Dressing:	
3 tbsp olive oil	3 tbsp mayonnaise
1½ tbsp lemon juice	1 clove garlic, finely grated
1 tsp Dijon mustard	1 tsp water

Preheat the oven to 220C / Gas 7. Put the potatoes in a roasting tray and pour over 1 tbsp of olive oil and season. Toss to coat. Roast for 30 to 40 minutes until tender, and crisp on outside. While they are roasting, put the broccoli in another roasting dish with 2 tsp olive oil and seasoning. Roast for 10 minutes then add the cavolo nero, toss to combine and roast for another 8 minutes. Sprinkle the almonds over the cavolo and roast for a further 5-10 minutes. While the veg is cooking, combine all the dressing ingredients in a small bowl. Whisk together until fully combined and season with salt and pepper. In a large salad bowl combine the roasted potatoes, broccoli, spring greens and almonds. Serve with the dressing on the side.

Beetroot Tagliatelle

400g beetroot	1 small onion, finely chopped
vegetable oil	salt and black pepper
1 tbsp white wine	100ml cream
200g tagliatelle	handful of sage, finely chopped

Boil the beetroot until tender, let it cool, then peel, chop and set aside. Gently fry the onion in the oil until softened, but not coloured. Add the beetroot, wine and seasoning, then cook for a few minutes until softened. Cook the tagliatelle according to packet instructions, then add the cream to the beetroot sauce. Drain the pasta, then add it to the beetroot pan and combine. Serve garnished with plenty of chopped sage.

Courgette and Tomato Pasta Bake

300g conchiglie pasta	½ tbsp olive oil
350g tomatoes, chopped	1 tbsp fresh oregano leaves
150ml vegetable stock	150ml organic crème fraîche
150g organic cream cheese	1 tbsp wholegrain mustard
finely grated zest 1 lemon	100g pesto
450g courgettes, trimmed and peeled into ribbons	50g grated cheese

Preheat oven to 190°C / Gas 5. Cook pasta to al dente. Heat the oil in a frying pan and cook the tomatoes for 3-4 mins on medium heat. Remove from heat and stir in the oregano, stock, crème fraîche, cream cheese, mustard, lemon zest, pesto, courgette ribbons and some seasoning. Drain the pasta and return to pan. Add courgette mixture and stir. Spoon into an ovenproof dish and sprinkle with cheese. Cook in the oven for 20min until the sauce is bubbling. Preheat grill to high. Grill until the top is golden.

Lainey shot in from the garden, ears in fight or flight mode - inside out and flat against her head showing the pink innards. She lay down squirming between my feet. 'What's happened Lainey ?' She didn't show me

her paw which she normally does if she's got a thorn in it or has stood on something sharp. She must have been stung.

Next day Mick who cuts my lawn said he couldn't mow down the side of the house because there was a wasp's nest in the ground and he's allergic. I went to have a look, there were dozens going in and out. I would have to cordon it off. A little bit of rewilding and that's it, the insects take over.

If it's a nice day I can't sit in the garden. Things land on me. Bite me. I can't do any gardening, can't go near the borders as there are hundreds, thousands even, of bees, all over everything. I can't sit by the pond as it's full of drinking wasps. And I've never seen so many butterflies. There were 6 on the bird table eating an overripe banana that I'd put out for the squirrel. Or maybe they were eating the tiny red flies that were eating the banana - along with obligatory bluebottles and a wasp. All insect life is here. Dragonflies whizzing about, ladybirds, beetles, ants, flying ants, woodlice underneath everything.

I use my car nearly every day and yet the wingmirrors are covered in spiders' webs. As I drove up to the Dales earlier, a big orange spider came out from inside the wing mirror, sat on the mirror a while, then went back in again. It must live there. At night the house fills with moths, despite closing all the windows before putting the lights on. I stand outside with a torch to try and draw them out. You can't catch them, they're too fast, especially not in a tea towel, they disintegrate.

On a big display next to the tills in the Morrisons petrol station were 'bug removers'. I picked one up, stupidly imagining it would be something humane. It was a big tennis racket type of device which delivered an electric shock when you hit them with it, killing them instantly. They've turned destroying our ecosystem into a children's game. I told the assistant it was horrible. She said she liked it as she hated bugs. 'Bugs' ! The very bugs that if they didn't exist then neither would she.

Very kind wishes,

Isobel