



Monday 16th October 2023

Dear Customer,

Straight in with a couple of tasty recipes that you could try this week with your PSB:

Purple Sprouting Broccoli with Butter Beans

- 200g purple sprouting broccoli
- 1 tbs olive oil
- 1 garlic clove, peeled and finely chopped
- ½ tin butter beans (200g), drained and rinsed
- 60g pine nuts, toasted
- ¼ onion or a shallot, peeled and finely chopped
- ¼ red chilli, finely chopped
- ½ lemon, juice and zest

Trim the psb and cut into 2 cm pieces then blanch for 2-3 minutes in a pan of boiling water. Drain, and leave to cool. Toast the pine nuts in a dry frying pan, shaking the pan so they don't burn. In a heavy saucepan heat the oil. Add the onion / shallot, garlic and red chilli. Season with salt and pepper.. Soften the vegetables, adding a little water to help create steam in the pan. When the vegetables are soft, add the butter beans, the lemon zest, a little of the lemon juice and the toasted pine nuts. Mix well and fry for 3 minutes. Add the psb, mix well, and turn off the heat. Serve with extra lemon juice and a drizzle of olive oil.

Purple Sprouting Broccoli, Olive and Tomato Sauce with Spaghetti

- 1 tbs olive oil
- ½ tsp crushed red chilli flakes
- 8 black olives, pitted and halved
- 400g spaghetti
- 2 garlic cloves, chopped
- 2 x 400g tins whole plum tomatoes
- 1½ tsp capers in brine, drained
- 200g purple sprouting broccoli, cut into 3cm pieces

Heat the oil in a large pan over a medium heat. Add the garlic and chilli and cook for 1-2 minutes until golden. Stir in the tomatoes, breaking them down into small pieces with a wooden spoon. Season well, then reduce the heat and simmer gently for 10 minutes. Add the olives and capers for the final 2 minutes of cooking. Meanwhile, bring a large pan of salted water to the boil and cook the spaghetti following the pack instructions. Add the broccoli to the pan for the final 3 minutes of cooking. Drain the spaghetti and broccoli and add to the pan with the tomato sauce. Toss to coat then serve scattered with the cheese, if desired.

It's been a harrowing week and I honestly don't know what to write. It's probably best I write nothing. The cruelty and barbarism we've seen this last week is beyond words. Everyone should feel safe and have a home. Not beyond the wit of man. There was always a peaceful solution to be had.

Here is Keats..... Very best wishes, Isobel

To Autumn (John Keats, 1819)
 Season of mists and mellow fruitfulness,
 Close bosom-friend of the maturing sun;
 Conspiring with him how to load and bless
 With fruit the vines that round the thatch-eves run;
 To bend with apples the moss'd cottage-trees,
 And fill all fruit with ripeness to the core;
 To swell the gourd, and plump the hazel shells
 With a sweet kernel; to set budding more,
 And still more, later flowers for the bees,
 Until they think warm days will never cease,
 For summer has o'er-brimm'd their clammy cells.
 Who hath not seen thee oft amid thy store?
 Sometimes whoever seeks abroad may find
 Thee sitting careless on a granary floor,
 Thy hair soft-lifted by the winnowing wind;

Or on a half-reap'd furrow sound asleep,
Drowsed with the fume of poppies, while thy hook
Spares the next swath and all its twined flowers:
And sometimes like a gleaner thou dost keep
Steady thy laden head across a brook;
Or by a cider-press, with patient look,
Thou watchest the last oozings, hours by hours.
Where are the songs of Spring? Ay, where are they?
Think not of them, thou hast thy music too,—
While barred clouds bloom the soft-dying day,
And touch the stubble-plains with rosy hue;
Then in a wailful choir the small gnats mourn
Among the river sallows, borne aloft
Or sinking as the light wind lives or dies;
And full-grown lambs loud bleat from hilly bourn;
Hedge-crickets sing; and now with treble soft
The redbreast whistles from a garden-croft,
And gathering swallows twitter in the skies