

**Monday 6<sup>th</sup> April 2015**

Dear Customer,

I hope you are having a lovely Easter whatever you are up to. It's Tuesday morning and I am happy to bring you news that the daffodils have come out. We are basking in glorious sunshine, the birds are singing and the toads in the pond are croaking. Everyone is a lot more cheerful than a few days ago when we were being buffeted by a freezing snow storm. Hopefully it was winters last hoorah.

Here are a couple of tasty salad recipes you could try with this week's ingredients:

**Carrot and Puy Lentil Salad**

100g puy lentils  
1 garlic clove, bashed  
sea salt and black pepper  
handful flat-leaf parsley

1 bay leaf  
1 tbsp olive oil  
300g carrots

**Dressing:**

2 tbsp olive oil  
½ tsp mustard  
1 pinch sugar

2 tsp cider vinegar  
½ clove garlic, peeled and grated

*Put the lentils in a saucepan, cover with water, bring to boil and boil for one minute only then drain. Return the lentils to the pan and cover with fresh water. Add the bay leaf and garlic. Bring back to a very gentle simmer and cook slowly for half an hour, topping up with boiling water if necessary, until tender but not mushy. Drain the lentils and discard the garlic. Toss with a tablespoon of olive oil and some salt and pepper and set aside to completely cool. To make the dressing, whisk all the ingredients together and season. Peel the carrots and grate coarsely. Combine with the lentils then stir in the dressing. Leave for at least half an hour for the flavours to mingle, then taste and season. Stir in the parsley just before serving.*

**Roast Cauliflower Salad**

cauliflower  
1 tsp onion seeds  
1 tsp sesame seeds  
squeeze lemon juice  
salt

1 tsp cumin seeds  
30g desiccated coconut  
150ml yoghurt  
fresh coriander  
oil

*Break the cauliflower into florets, coat with a drizzle of oil and roast in the oven at 220C for 30 minutes, then leave to cool. Toast the sesame seed, cumin powder, coconut and onion seeds in a dry pan until the coconut has browned. Combine everything together in a bowl with a squeeze of lemon juice, a handful of coriander, the yoghurt and a pinch of salt to taste.*

The long nights slouched over my laptop on ebay were taking their toll, and last week I felt the tension working its way ominously up my spine. I knew a migraine was on its way I just hoped it wouldn't take hold for Easter as an old friend was coming to stay Friday to Monday – her first trip to the Dales. I knew it would though, and on Friday morning I woke up with it. I spent most of the weekend lying on the sofa with a flannel on my head, her cooking for herself and taking herself off for walks. Every few hours she would ask if I was feeling any better. "well.....not really....." I'd say, actually feeling worse and worse and worse. It had been a long time coming I knew it would be a long time leaving. I didn't feel recovered until Monday .....when I was taking her to the train station.

Work has started, the old café wall has come down and a new one is being erected straight down the middle of the shop giving me more space to exhibit my iconic Danish cafe furniture. All the tables and chairs will be cordoned off with a rope, and customers will be required to eat on the floor outside the cordon. I'm back in the game this morning – contacting electrician to discuss my industrial retro lights (ebay ), the vinyl layer, the fencer, the apprentice woman, film place for a licence to screen ....and so on.

We are currently running down our grocery stocks for the move so I apologise for any inconvenience this causes but we are going to take this opportunity to review and improve our range so the shop and home delivery will mirror each other. I am very much looking forward to you dropping in on us for your complimentary afternoon tea. You will have to use the code name of the bull-shaped blackboard, which is called Billy. So.....when you arrive you will have to say "Billy the blackboard", and wink.

I've just seen an email flash up from my brother. Last night I told him I was going to get a big TV and a licence to show films – you know – French, Woody Allen - that sort of thing. I'm just going to leave this screen and check his email. It didn't look good.

"As I said before - forget the gimmicks... I don't see many people going there at night to watch a film on a TV ... even a big one. They can watch anything in the comfort of their own home these days - [movie.com](#) - free - watch anything..."

I'm not sure I agree. I think people are social animals and would like to have an organic Mexican feast served to them while watching a good film. I would. I'd rather that than be bolted into a chair at the cinema. As for watching anything at home, one has to be a technological genius !

Off to see the builder and to try and discover the whereabouts of a missing pallet of butternut squash.

Hope this finds you well,

Kind wishes,

Isobel