



**Monday 29<sup>th</sup> June 2015**

Dear Customer,

I am pleased to report that we had a ¼ of a summer's day. For about 6 hours the sun shone last Thursday, it was warm - hot even. The sky was blue and if sheltered from the prevailing north wind behind a high wall or hedge, it was t-shirt weather. I sent instructions to the café – “get the parasols up quick and make sure the ice cream board is out”. It's Monday morning now, there is thick, low cloud, I've been reading about the heatwave. I have a friend from London here and we attempted breakfast in the garden. It wasn't too bad but after 5 minutes I had to come in and put my thick cardigan on. I've left him reading in the garden, researching his next book, braving the northern garden cold.

We have cauliflowers in the bags this week. They are a good source of protein, magnesium ( ninth most abundant element in the universe, synthesised in large, ageing stars which explode as a supernovas expelling their magnesium into the interstellar medium where it is recycled into new star systems..... and cauliflowers for humans as needed for their DNA ), riboflavin, niacin, thiamin and phosphorus. It is also a wonderful source of fibre, folate, pantothenic acid, manganese and potassium, not to mention vitamins C, K and B6.

Here are few tasty recipes you could try this week:

**Braised Cauliflower and Carrots**

1 small cauliflower	250g carrots
3 tbsp sunflower oil	175ml hot vegetable stock
1 tsp thyme	1 tsp marjoram

*Cut the cauliflower into small florets. Thinly slice the carrots. Heat the oil in a large frying pan on a high heat. Add the cauliflower and carrots and stir-fry them for about 2 minutes. Pour in the stock then bring to the boil. Add the herbs and then cover the pan and cook for 10 minutes – most of the liquid will evaporate. Serve hot.*

**Mexican-Style Cauliflower Bake**

1 cauliflower, in florets	450g tomatoes ( or tin)
1 large onion, peeled and chopped	8 tbsp fresh basil
2 cloves garlic, peeled and crushed	120ml vegetable stock
1 tbsp olive oil	1 tbsp capers
1 pinch cinnamon	1 pinch ground cloves
3 tbsp fresh chopped parsley	3 tbsp breadcrumbs
225g Cheddar cheese, grated	salt and pepper to taste

*Preheat oven to 200C / 400F / Gas 6. First prepare the sauce. Set aside 2 tablespoons of chopped onion. Put into a large saucepan the tomatoes, basil, garlic, stock and the remaining onion. Stir well, bring to the boil and cover, Simmer for 40 minutes on a low heat. Then add the olive oil, remove from the heat and transfer to a large bowl. Lightly grease a casserole dish. Steam the cauliflower until tender and then mix with the tomato mixture. Add the capers, parsley, cinnamon, cloves and the onion that you set aside and mix well. Season to taste. Pour the mixture into the casserole dish. Mix together the cheese and breadcrumbs in a separate bowl and use to top the casserole. Bake for approximately 30 minutes or until the topping has browned, and serve immediately.*

Richard is a historian and we went for a wander round town, back in time, to Georgian England. All of a sudden the market place wasn't Boots, WH Smiths and Greggs. No, it was the place where the fetid, plague-ridden, damp, dark, wattle and daub medieval hovels had been raised to the ground to make way for the Georgian development.

“Elegant stone shops, houses and civic buildings (or the new bricks if you were wealthier) sprang up all over Britain. Larger windows let more light in – helpful for a more literate population. Theatres were built (Richmond has the oldest in England). Better drains made towns less smelly, and gas lighting replaced oil lamps - illuminating homes and public spaces and lengthening the productive time people had available (the Richmond gas works were one of the first in the whole of Europe and the town, one of the first to be illuminated by gas lighting ).

Perhaps most important of all, market squares and churches started to sport clocks as the agricultural revolution got underway. People's consciousness of time changed radically. Time discipline was necessary for a more rigorously organised commercial and industrial world. More people owned watches and clocks, and gradually a life lived according to the natural rhythms of day and night – the weather and seasons – was replaced by a life lived by the hands of the clock, whether going to work in shops, offices or factories. Even those working on wool farms in the Dales found their lives set to a more man-made rhythm.

And yet, as I watched the midsummer sun set between 9 and 10pm yesterday, while overlooking Swaledale, my friend and I ruminated on how we can still escape the time discipline of the modern world. All we could hear was the sound of birdsong and sheep calling to each other as they lay or grazed near where we were sitting on a grass ridge. How liberating it was to be released if only for a few hours from the metronomic pulse of the smartphone and be transported back to a world of sunrise and sunset, and the steady but erratic seasonal pulse of the weather”

That was Richard giving you a three paragraph break from me and knowing that I under strain with an impending deadline for 'my chapter' !

And as we know....."Time runs away like white horses over the hills" *Charles Bukowski*

Kind Regards,

Isobel