



**Monday 29th August 2016**

Dear Customer,

First it's the Olympic success, now it's hot and sunny on Bank Holiday Monday. What on earth is happening to us. I've got used to summer- living now with bi-fold doors permanently open and the sun streaming through. It's the first summer we have had up here for years.

We have beautiful new season cauliflowers in the bags this week and here are some tasty recipes you could try:.

**Whole Baked Cauliflower with Tomato and Olive Sauce**

1 onion, peeled and sliced  
1 cauliflower, outer leaves removed and chopped  
1 handful black olives, stoned  
handful flat-leaved parsley, leaves roughly chopped and stalks finely chopped  
2 x 400g tins plum tomatoes  
5 cloves garlic, peeled and chopped  
olive oil  
red wine vinegar

*Find a large pan that the whole head of cauliflower will fit in with an inch around it to spare. Put in the pan the onion, garlic, chopped cauliflower stalk and leaves and some olive oil and slowly fry for 10 minutes until softened and with a little colour. Add the olives and parsley stalks and fry for another few minutes. Add the tinned tomatoes then half fill one of the tins with water and add that to the pan with a good swig of red wine vinegar. Stir together and break down the tomatoes with a spoon to make sure there are no big lumps and bring to the boil. Take the cauliflower and push it down into the sauce. Half the cauliflower should be in the sauce and half above. Drizzle with olive oil, put the lid on and let it simmer on a low heat for about 50 minutes. Serve sprinkled with the parsley leaves.*

**Cauliflower and Broccoli Gratin**

1 cauliflower  
50g butter  
200ml hot milk  
100g cheese, grated  
nutmeg  
250g broccoli  
50g flour  
200ml white wine  
2 free-range eggs, beaten  
salt and pepper

*Cut the cauliflower and broccoli into florets. Place in a pan of salted, boiling water. Boil for 10-15 minutes until the vegetables are cooked but still 'al dente'. Drain. Heat the oven to 220C/ Gas 7 and grease a baking dish. Melt the butter and add the flour. Cook stirring constantly for 1-2 minutes to a roux. Add the hot milk and keep stirring until you have a thick sauce with no lumps. Stir in the wine and bring to the boil again. Stir in the cheese and eggs and season with salt, pepper and nutmeg. Mix the sauce with the drained cauliflower and broccoli, pour into a baking dish and smooth out. Bake for 20-25 minutes in a preheated oven until the gratin is browned on top. Serve*

**Roasted Cauliflower and Broccoli**

1 cauliflower, cut into florets  
1 bulb garlic, broken into cloves  
½ tsp salt  
1 head broccoli, cut into florets  
30ml olive oil

*Preheat the oven to 190C. Place the cauliflower and broccoli in a baking dish, toss with the olive oil and sprinkle with salt. Cover the dish and bake for 30 minutes. Remove the cover and cook for a further 30-40 minutes, until the vegetables are tender and nicely browned, stirring occasionally.*

**Raw Cauliflower Salad with Hazelnuts**

1 cauliflower, broken into florets  
handful parsley leaves, roughly chopped  
olive oil  
75g hazelnuts, roughly halved  
juice of 1 lemon

*Using a mandolin or sharp knife, slice the cauliflower florets into 2mm-wide slices. Place in a mixing bowl along with the hazelnuts and parsley. Season well with salt and pepper and squeeze over the lemon juice. Add a good few glugs of olive oil. Serve*

My aunt and uncle came to visit last week from Ludlow, I hadn't seen them for a few years. My mum's brother who is nearly 90yrs old did the motorway driving and my aunt, who just passed her driving test two weeks ago, did the country roads. My uncle is remarkable, seems 20 years younger, a life-long vegetarian. I really didn't want to talk about me – the recent, never-ending difficult years. I made them talk in detail about their 4 children and then all of their children. They kept trying to move onto me but I kept remembering they had missed out a grandchild. When the long list was exhausted and with nowhere to hide I set the scene " Well everything looks ok – nice house, nice car.....". I must admit, sometimes it is good to talk, and there are few people left who know me better – have known me since I was being pushed about in a pram.

I'm going to get off the computer and go out and enjoy this beautiful weather,

Kind wishes,

Isobel