



Monday 22ND August 2022

Dear Customer,

URGENT NOTE: We tried to put broccoli in the bags this week which we have been avoiding because of the heat and drought, but it arrived with an aphid problem, so we have had to make last minute substitutions. Sorry for any disappointment.

I am writing this from my temporary office, a pod on the banks of Lake Windermere where I am 'glamping' for a few days with a friend – a pod each! It's pouring with rain and looks like it will stay that way for the duration. It's still very beautiful though despite the weather.

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

Sweet Potato Fritters

250g sweet potatoes	2 Hen Nation eggs
2 tbsp plain flour	¼ tsp ground allspice
4 salad onions, finely sliced	2-3 tbsp olive oil
1/2 x 400g tin black beans, drained and rinsed	200g tomatoes, sliced
1 small avocado, diced	1 mild green chilli, sliced
1 lime, juice, plus extra wedges to serve	2 tbsp chopped coriander, plus extra leaves to serve
3-4 tbsp soured cream	

Whisk the eggs, flour and allspice in a bowl. Coarsely grate the sweet potatoes. Add to the bowl with ½ the salad onions. Season and stir everything together. Heat the oil in a large non-stick frying pan over a medium-high heat. Divide the potato mixture into 6 equal portions and use your hands to shape each into a rough patty. Add to the pan (you may need to cook them in two batches) and fry the patties for 4-5 minutes on each side until golden and cooked through. For the salsa, mix the black beans, tomatoes, avocado, chilli and remaining sliced salad onions in a bowl. Add the lime juice and a pinch of salt, then stir through the coriander. Serve on the hot fritters with the coriander leaves on top and the lime wedges and soured cream on the side

Sage-Roasted Cabbage with Lentils

1 cabbage	3 tbsp olive oil
2 garlic cloves	400g tin lentils
12 sage leaves	1 lemon
1 tsp maple syrup or honey	salt and freshly ground black pepper

Preheat the oven to 200C/ Fan 180C/ Gas 6. Heat up a large baking tray in the oven. Quarter the cabbage, remove the core and separate the leaves. Arrange the leaves on the baking tray and drizzle with 1 tbsp of the olive oil and season with salt and pepper. Roast in the oven for 10 minutes or until tender and starting to crisp around the edges. Meanwhile drain and rinse the lentils. Peel and finely chop the garlic and mix with the lentils. Scatter the lentils over the cabbage once it has crisped up a little. Top with the sage leaves and return to the oven for 5-10 minutes or until the lentils have warmed through and the sage has crisped up a little. Zest the lemon into a bowl then squeeze in 2 tbsp of lemon juice. Whisk with the remaining 2 tbsp olive oil and the maple syrup or honey. Season with salt and pepper. Drizzle over the lentils and cabbage once cooked

The pod is compact. It has a small kitchen area, a small bathroom, a small bed, a small table, a small sofa and a small front terrace which overlooks the lake. There is ample cupboard space and it has Wifi - essential - different setting but same workload.

It is like a little pod town here. I easily envisage them being rolled out to solve the housing crisis - green, landscaped podsvilles with little pod pubs and pod post-offices, wild swimming ponds and communal orchards. Eco, healthy, and an easier first step onto the property ladder, the pod ladder.

Churchill's wartime coalition government built 150,000 prefabs to address WWII housing shortages and provide accommodation for those who'd been bombed out. They were only built to last for 10 years but many still stand today and remain lovely homes. When the Ministry of Works opened up the design competition, 1500 designs were submitted. One of those chosen was 'the Porta'. A bungalow of 57,2 square meters, the build cost was £600 constructed, and £675 fully furnished. That included a prefabricated slot-in kitchen and bathroom capsule with a pre-installed refrigerator. The proposed rent was 10 shillings (50p) a week for the 10 years.

Just another 2 weeks of the nothingness governing us. Two weeks until the woman, with 'planet-sized ambition and a pinhead brain' as described by Matthew Parris, becomes our leader, followed by a reshuffle of the same miserable lot. From day 1 she will start her campaign for the next general election. We need a government of national unity. Tough decisions have to be made and I don't think anything else could get us through this as we are too riven by division, too unhappy. And of course facing the worst combined set of challenges ever. ' Inflation is expected to peak at 14%'. But they have no idea. Inflation in Venezuela reached 130,000% in 2018. Who's to say..... ? It's certainly not capped. It's 80% in Turkey, 200% in Lebanon, frankly the sky is the limit. Gone are the days when we could sit back and think 'it won't happen here'.

I hope you have a good week,

Kind wishes,

Isobel