



Monday 26th June 2023

Dear Customer,

(Please get your produce into the fridge as quick as possible)

It's Sunday evening and it's been a beautiful, sultry day after a hot and sunny week. I could definitely get used to this. I have got used to it actually.

In your bags this week, the first fresh figs of the season. My favourite fruit and I won't get any of them as I'm up here 😊. And white cabbage. It looks green but it's an early white, they lighten as they mature into the season. You can cook it or make some lovely coleslaws with grated carrot, and soft fruit chopped into it.

Here are some tasty recipes you could try this week:

Leek and Tomato Bake

4 tbsp olive oil	2 leeks, thinly sliced
375g tomatoes, chopped	sprigs fresh thyme
1 clove garlic, crushed	400g tin cannellini beans
3 tbsp nutritional yeast	100g olives, halved
160g ciabatta, cut into 2cm cubes	20g walnuts, finely chopped
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Heat 2tbsp oil in an ovenproof frying pan or casserole dish. Tip the leeks, tomatoes, thyme, garlic and 1 tbsp water into the pan and fry until the leeks are soft and the tomatoes have started to break down). Meanwhile, put the beans and their liquid into a blender with the nutritional yeast. Season, whizz until smooth then add to the vegetables. Add the olives, stir to combine and bring to a simmer. Cook until slightly thickened (about 2 minutes). Preheat the grill to medium- high. In a bowl, combine the bread, walnuts, remaining 2 tbsp oil and a pinch of salt. Take the veg off the heat and scatter the bread mixture on top, along with some extra thyme leaves. Grill for 4-5 minutes until golden brown and bubbling.

White Cabbage and Tomato Curry

4 tbsp vegetable oil	1 tsp cumin seeds
2 bay leaves	5cm piece of fresh ginger, peeled and grated
1 large potato, peeled and cut into 2cm chunks	½ tsp ground turmeric
1/8 tsp chilli powder	200g tinned chopped tomatoes
1 small cabbage, finely shredded	150ml water
100g frozen peas	2 tsp garam masala
1 tsp salt	1½ tsp sugar
1½ tsp coriander powder	

Put the oil in a large pan and set over a medium-high heat. Add the cumin seeds and fry until dark brown and fragrant. Add the bay leaves and ginger and fry a little more, then add the potato, turmeric and chilli powder. Mix well, turn the heat down and add the chopped tomatoes, cabbage and water. Give a good stir, cover and cook gently for 25 minutes. Add the peas and garam masala and cook for a further 5 minutes until the cabbage is soft and tender. Add the salt, sugar and coriander powder to finish.

More people passing through. This time some Farmarounders who are on holiday in the Dales and I've just been to meet them. Wow, what a family, they're incredible ! They even destroyed an animal trap on the moors and dismantled one of those odious mannequins that I've only seen on social media, erected to frighten hen harriers. My heart is bursting with pride. Honestly, I'm telling you, Abel and Cole customers would not do that.

As for Steve the website man who was competing in the Spine Race last week, I never did get to run through Thwaite with him as far as the lamppost. He retired in Horton in Ribblesdale. I was relieved. It was stressful and exhausting enough just looking at the live tracker. How can anyone run 268 miles non-stop up and down mountains - but 68 did finish..

I was going to get an early night on Friday, then suddenly Prigozhin began his march on Moscow, with 'I'm coming to get you'. Putin and his generals fled and the Wagner fighters started heading up the M4. When the BBC eventually started covering it, they were at pains to point out it wasn't our M4 to Swindon but the M4 to Moscow. The BBC News was absorbed by Glastonbury and then slipped seamlessly into the Travel Show. We had to rely on Twitter to know what was happening as usual.

So it's Sunday night and no one knows what's going on, just enormous speculation. What was the deal ? Is Prigozhin going to head up the Belarus armed forces and have his fingers on the nuclear buttons: will he replace Lukashenko; will he fall out the window. Sunday evening and no one has a clue. I think he'd been expecting the Russian army to back him and that he would bring about a military coup – such is his narcissism. He was calling on people to take up arms and come onto the streets. But they didn't. I can't see how he survives in Belarus or anywhere. I just feel so sorry for the people of Ukraine. The Ukrainian commentators really thought that it was going to be a night of revolution, the end of Putin, the end of the war, the end of their misery. But still it goes on. There is now more wishful thinking saying Putin is weakened, he might not last much longer. If only, but I doubt it. Who is there to take him down. Clearly it won't be the Russian people.

By the time you read this. Things may be clearer. But for the moment Prigozhin, Putin, Shoigu and Gerasimov have all disappeared...

Whatever happens, I hope you have a very good week,

Kind wishes,

Isobel