

## February 2016

*Are you doing a Valentines Box they ask, and well, YES is the answer and we've tried quite hard.*

You can have the sweet beetroot and red cored purple carrots, shiny wicked witch apples and blood red oranges, curly peppers and Maleficent best poison colour Kumato tomatoes (which incidentally are one of the best at this time of year), the hot and spicy red hearted radish and Sango radish sprouts, chillies, red cabbage for slow and serious contemplation, pomegranates for tears and the bitter turning to sweet of radicchio... Here's a variation on red onion marmalade, from the Los Angeles Times. Exceptionally tasty and easy to make, using radicchio.

<http://tinyurl.com/j9qyr6t>

The Potatoes in the Box are Red Robinta's which are great for mashing but you can also do them in the oven, just coating the tray with oil to make crispy chip like rounds, especially good with the skins left on.

Over the next few weeks we try to clear up a lot of produce in the field and as most of it has stood a long time it will not be cosmetically perfect and will be valued in your box accordingly. It will however be good to eat.



Not sure about ASDA and its wonky veg.. Just seems another way of paying the farmers less and enshrining the mantra that it must be perfect cosmetically to merit a price. What about the food quality? The crew here would like to charge extra for erotically charged carrots and parsnips!

<https://www.facebook.com/Phantassie/photos/pcb.977668242284894/977666328951752/?type=3>

We did go to Parliament and had a jolly time chatting about how to turn more of Scotland Organic...There was a great atmosphere, and this is captured in some lovely photographs taken by SRUC photographer Ed Roberts, which you can find here:

<https://www.flickr.com/photos/89123388@N04/albums/72157663597867359>

Spot Finn, Patricia's son helping out on the Phantassie stand.

Next week the growers are off to a soil seminar, the basis of everything we do probably as a reward for all the time they are spending with compost and hen pen manure, (very useful stuff). It is still really difficult to get started on the field as the ground is pretty boggy but we are blessed to have not been flooded at least, and I see today that mint, fennel and parsley are springing up. And so is the rhubarb.

Spring will be here before we know it...

**Click on the blue links to be taken to link page..**

**Markets; Edinburgh Castle Terrace Sat 13<sup>th</sup> & 27<sup>th</sup> Feb. Dock Place, Leith 13<sup>th</sup> & 20<sup>th</sup> Feb. Haddington Sat 27<sup>th</sup>**

## February EXTRAS

Please email your additions to [veg@phantassie.co.uk](mailto:veg@phantassie.co.uk)

### JUICING BOXES

**Medium Green Box** £15.00

3 Leafy Greens from Kale, Swiss Chard, Spinach or Cabbage Greens, Cavalo Nero  
Sweet Apples, Celery, Cucumbers, Parsley, Lemon, Lime and Grapes. (Contents Seasonally Adjusted)

**Large Variety Box** £30.00

4 Leafy Greens from Kale, Swiss Chard, Spinach and Cabbage Greens, Cavalo Nero  
Sweet Apples, Celery, Cucumbers, Parsley, Lemon, Lime, Radish, Lettuce, Ginger, Fennel, Oranges, Carrots, Beetroot, Watermelon, Zingy Apples, Mint or Coriander. (Contents Seasonally Adjusted)

Bespoke Juicing box extras; please send us your requests e.g Pears, Turmeric

### FRUIT

Oranges Navelina	£2.50	1kg
Oranges Blood	£2.50	1kg
Oranges Seville for Marmalade	£2.50	1kg
Clementines	£2.80	1kg
Ruby Grapefruit	£2.50	for 4
Pineapple Fair Trade	£2.50	each
Juicing Apples	£1.50	1kg

### VEGETABLES

Avocados small	£2.00	for 4
Tomatoes Cherry Vine Spanish	£2.00	250g
Tomatoes Vine Spanish	£2.00	350g
Baking Potatoes	£2.50	2.5kg
Sweet Potatoes	£3.00	1kg

Deadline for additions, holiday cancellations etc is 9am two days before delivery day please. Thank you!

