



Apple Blossom

MAY 2016

St George's Day (April 23rd), is traditionally the start of the Asparagus season but though journalists were busy writing a month ago about how it was going to be early and bumper; Nature has decided it's going to be late and average by being way too cold for any spears to poke their heads up.



The price will be the same as last year and it's on the Extras list but not expected until around May 10th, at the earliest. Tis a delicious seasonal item and we do so look forward to it... The practice being that it doesn't go in the Vegboxes but is an "extra" and you can specify that you'll have a bunch every week you have a box while the season lasts, or just try it as a one off.

What is here and plentiful is Rhubarb and that's an extra you can specify any time you feel a crumble coming on or indeed have a desire to make cordial/flavoured vodka or even crisps.

Incidentally we do treat rhubarb as a veg for Box purposes, so you need to tell us if you don't want any/ have got lots in your own garden.

Making their long journey from the Isle of Wight are the first glorious Tomato Stall tomatoes. They have benefited from the warm spell earlier. So we will go back to having tomatoes regularly in the Vegboxes and you can have them every week as an extra if you like.

Phantassie was supposed to feature in the field to plate journey of IOW tomatoes TV programme that aired recently but after much toing and froing, the production team decided that a journey over the border was just too far.

What you do get the chance to veto is pears in your fruit bag as they are now Southern Hemisphere only. Let

us know if you want us to drop them. Apples will continue to be UK for a bit yet.

We have lots of our own Salad and Spinach but we expect there will be quite an extended Hungry gap as we struggle to get things sown and planted between hail showers. Mind you last year's Vegnote for the same time said the forecast was for snow so perhaps the snow on Friday was no real surprise?

Angus from Mungoswells has been out and about a lot with his flour so we are reminding you that flour can also be an extra. Some has gone to Aliona who has set up a small bakery in East Saltoun making amazing unyeasted sourdough bread.

Would you like to have bread delivered with your Box? There is a variety of 800g loaves, some with seeds for example with a cost range of £3.20 - £3.60, it keeps for ages and make the very best toast, (with Phantassie marmalade of course). Just ping us back an e saying KHLEB and if enough of you are interested we will provide more info.



Khleb unyeasted Sourdough using MungoSwells Wheat flour as a base.

Dock Place Market goes from strength to strength. As it's not a "Farmer's Market" we are featuring a full on Organic Fruit and Veg stall. Just remember we are not there the last Saturday in the month because we're in Haddington.

Market Dates - Edinburgh Castle Terrace; Sat 7th, 21st & 28th MAY
Dock Place Leith Saturday 7th, 14th & 21st MAY Haddington Sat 28th MAY & 25th JUNE



Mini varieties Heirloom mix



The Isle of Wight Tomato Season has just started. "More Sunshine, More Taste" is their motto and they do taste wonderful. Even known to turn tomato haters into fans.

May EXTRAS

Please email your additions to veg@phantassie.co.uk
EXTRA items below may turn up in your box every now and again but they are offered for one off or regular supply.

JUICING BOXES

Medium Green Box **£15.00**

Large Variety Box **£30.00**

As Medium box but 4 Leafy Greens PLUS 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

| | | |
|------------------------------------|-------|-------|
| Rhubarb (Phantassie) | £3.80 | 1kg |
| Blubberies (Spanish) | £2.80 | 125 g |
| Pineapple Fair Trade (Ivory Coast) | £2.50 | each |

VEGETABLES

| | | |
|--------------------------------|-------|---------|
| Asparagus (UK) | £3.60 | a bunch |
| Or £7.00 for two bunches | | |
| Avocados small | £2.50 | for 3/4 |
| Tomatoes Cherry Vine (UK iow) | £2.00 | 250g |
| Tomatoes Large Vine (UK iow) | £2.50 | 400g |
| Tomatoes Heirloom (UK iow) | £2.50 | 250g |
| Mushrooms Chestnut (English) | £1.70 | 200g |
| Mushrooms Shitake (NLD) | £2.50 | 100g |
| Phantassie Salad Bag | £1.95 | 100g |
| Turmeric fresh root (Peru) | £1.50 | 100g |
| Wild Garlic (great stir fried) | £1.60 | per bag |

Mungoswells Scottish Organic Wheat Flour

4 types @ £2.60 per 1.5kg bag

Wholemeal Strong Bread/ Strong Bread
Self Raising or Plain

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

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WWoofers from France and California help to lay tyres on the poly membrane after planting Brassicas
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Green Salad Bowl seedlings with Borage and Marigold



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Claudia's been very busy sowing seeds in the polytunnels



Rhubarb



Outdoor Shade tunnel with spring onion seedlings

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Kevin shows off the new Tomato Stall arrivals from the Isle of Wight
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Rows of salad in the polytunnel – Just as well they are not outside given the snow on April 29th! Red Frills Mustard, Green in the snow Mustard & Mizuna



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VegNote

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www.phantassie.co.uk Facebook: facebook.com/phantassie for recipes and tips

