

Love and Pancakes in the same week... Can we cope?

Shrove Tuesday yesterday but pancakes run all week...gets easy to make the batter and you keep thinking of more things to put in them. We're giving you all extra Large eggs for the price of Large this week to help you get cracking... An XL egg is very good value as its egual to TWO Medium eggs and costs much less than double. Not seen much in the supermarkets they are the product of young hens just getting into their stride or older ones getting lazy...

Anybody making a pancake tower and sending us a picture gets a free half dozen in their next box as a prize for effort.

Our Valentines Vegbox is a symphony of purple (bleeding hearts) red (passion) and pink (fluffy stuff) So we have essayed 50 shades of red but no roses unless you count China Rose radish sprouts (which you wont be able to get between your teeth)

Lovely **pink beetroot**, the Italian one Chioggia di Barbietola as it was the Romans who painted beetroot on the walls of Pompeian brothels and mythologized that Venus ate them to make her more beautiful. So much is now written that we refer you to lovebeetroot.com for further info and even a r ecipe for beetroot pancakes(!)



Two openhearted radicchio, two shiny red apples and a pomegranate for tears, cherry tomatoes to pop in the mouth

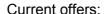


Wild Garlic or Rocket and Radishes for the spiciness necessary in any serious relationship

Red cabbage for slow cooking and to anchor you in wintry seriousness in case you get really carried away and

Romano Red tatties because they are red and will mash nicely.

Last call for Marmalade Oranges. No there is no Rhubarb yet..



Small Hass avocadoes 4 for £2 Cherry Tomatoes £1.50 / 250g Baking Potatoes £3.00 / 2.5kg

**Blood Oranges** £2.50 / kg Ruby Grapefruit £2.50 / 3 large £ 3.00 / kg

Large Oranges £ 2.80 / kg Seville Oranges £ 3.00 / kg Bergamot Lemons£ 3.20 / kg Clementines

We will be at both Haddington and Edinburgh Farmers' Market next Saturday 23<sup>rd</sup> Feb.

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