

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 equal 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 recipe 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..

Current offers:

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

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

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