

Vegnotes are obviously like buses..... Although this is a Perrymans Sprinter rather than a double-decker. But we have been getting complaints about the lack of Vegnotes so we have been spurred to action...

Small boxes have **Salad** and this is to show you what Phantassie winter **salad** will look like (imported leaves) which you can still order it as an extra. It will be in Medium and Large boxes next week. You also have **Sweet Potatoes** to flag that they are now into Spanish season and so we are likely to use them more often.

Brussels Sprouts to say hurrah that they are good quality this year and that you won't get any more until Your Christmas Box so you don't need to fret about Vegboxes overloaded with **Brussels**.

Medium Boxes have **Winter Rocket** from Phantassie to remind you that it is a cooking veg too adding wonderful spiciness and here's a recipe for our favourite warming **Rocket** and **Potato** Soup. Smaller boxes will get some next week.

All things being equal larger size boxes will get **Kumato tomatoes**

next week, which you may remember from Isle of Wight last year. Very tasty. Oh and you will get bright carmine **Potatoes: Red Emmalie**... a good floury, roasty, frighten the kids potato. Our first year of growing and it didn't scare us...



Citrus from Spain is much, much cheaper so you can also order extra **Clementines** £1.50 for an extra 600g portion. It is also the short but sweet French **Fejoia** season and they may be in your box if the packers don't eat them all. Some of you are devotees and may want extra. **£2 for 250g.**



All orders for Christmas Poultry or Meats should go direct to Earthy please, www.earthy.co.uk and should be in before the end of the month.

Rocket and Potato Soup

Ingredients

1 tbsp olive oil
½ onion, peeled and sliced
1 potato, peeled and diced
salt and freshly ground black pepper
1 garlic, peeled and chopped
1 bay leaf
few thyme leaves
approx ¾ pint/428ml vegetable stock
handful of rocket

For the pesto

4 tbsp olive oil
1 garlic clove, peeled and chopped
salt and freshly ground black pepper
handful of rocket leaves

Method

1. Heat the oil in a saucepan and sauté the onion and potato for a few minutes, to soften.
2. Season with salt and freshly ground black pepper, add the garlic, bay leaf and thyme. Stir and heat for another 1-2 minutes.
3. Pour in the chicken/ veg stock and bring to the boil. Reduce the heat and add the rocket. Simmer gently for 10-15 minutes.
4. Transfer to a blender and blend until smooth. Return to the pan and warm through.
5. For the pesto, blend the olive oil, garlic, seasoning and rocket in a mini food processor until smooth.
6. Ladle the soup into a bowl and drizzle the pesto over to serve.