

We should be grateful for small mercies? Yes/No

As a small holding we are lucky to be able to replace machinery, which can't get into the soggy fields just now, with many hands making light work and we do have many hands as our usual crop of Summer WWOofers are in residence: Americans, Germans, Italians. They are remarkably happy in a permanent "Festival" mudbath and ask lots of questions which is good. The tales of woe from the agricultural world are legion right now with many crops ruined completely and quality hard to come by. We will do our best for your VegBox though all the usual Summer veg is hardly with us even now.

We hand lifted tatties for Market last week and you will only get them in your Box if we can lift enough. Otherwise we thought roasters appropriate Arran Victory purple this week and big red Bakers all purpose next...

Soft Fruit.

Well it has been very difficult to predict supply but we can assume now that soft fruit punnets of some sort will be available each week now. Many of you just say add some of whatever there is which is helpful as we can't predict what may be picked for a particular day.

Phantassie Raspberries

Old Fashioned	200g	£2.00
Tullameen	150g	£2.00
Blackcurrants	150g	£2.00
Whitecurrants	150g	£2.00
Redcurrants (on strig)	200g	£2.00
Green Gooseberries (Non Organic)	300g	£2.00
Dessert Red Gooseberries	200g	£2.50
Strawberries		
English Organic Outdoor	220g	£2.50
Perthshire Unsprayed	500g	£3.95
Cherries, Herefordshire	200g	£2.00



We will let you know by email if and when there is bulk jam fruit available.

Vegboxes:

This week some of you will have lots of little frondy **fennels**. They should form good bulbs but they are going to bolt first having had no sun. We gave some to Dale and Ed the keen young (well I can say that) chefs, now turning out delicious food at the old Gardeners Cottage in London Rd and below is a recipe for what Ed did with them. Their website is www.gardenerscottage.co

If stewed like that the cores are okay to cook. Otherwise also below is another recipe from a lovely cookbook of Tuscan garden veg... Leaves from our Tuscan Kitchen, from whence also comes the method of cooking whole **baby broad beans**, (almost florally scented they are and very interesting) . These won't be in your box but will be available at the Farmers Market (both Edinburgh and Haddington on the 28th July).

Next week some of you will get fresh **shallots** for similar reasons. **Aliums** like rain but too much wet soil encourages rot and so we are lifting them early and not expecting them to set and store. They are a lovely flavour and increasingly popular.

Pork, Baby Fennel and Broad Beans in Cider from Ed Murray of www.gardenerscottage.co

To Serve 6-8

Loin or shoulder of pork, boned and rolled, approximately 2kg
6 bulbs of baby fennel
500ml good cider
1 onion, finely chopped
600gm shelled broad beans
a handful of summer savoury, chopped
salt, pepper and oil

Pre-heat oven to 180C

Rub the pork with a salt, pepper and a little oil

In a heavy oven proof pot large enough to fit the pork heat a spoonful of oil until its smoking hot. Brown the pork on all sides, remove and set to one side.

Reduce to a medium heat and add the onions, cook until soft and brown. Add the fennel and cook for a few minutes until starting to brown. Place the pork back in the pot, skin side up. Cover the dish, and cook in the oven for 1.5 to 2 hours.

While the pork is cooking cook the beans for a few minutes in boiling salted water and set to one side.

Remove the pork and fennel bulbs from the pot and set to one side somewhere warm for 10 minutes to rest. Add the beans and savoury to the cider and adjust the seasoning to taste.

Fennel with Butter

3 medium sized bulbs of fennel
25g/1oz butter
1 small onion
parmesan

Trim the top shoots of the fennel and peel the outer sheaths with a potato peeler (if they are white and young, this is not necessary). Trim the base and cut the fennel first in half and then each half into three or four. Wash the segments well and cook them in boiling salted water (with a small piece of lemon to keep the colour) for ten minutes until just cooked.

Meanwhile the butter in a casserole and add the onion, finely chopped.

Strain the cooked fennel, drain well and toss in the butter. Sprinkle with grated parmesan and serve in the casserole.

Young broad beans cooked with their pods

Take 1.5kg/3lb Young Broad Beans (no more than 10cm/4in long). Cut each pod into three, putting them into cold water as you cut them. Boil in salted water for ten to fifteen minutes, drain and mix in 50g/2 oz butter and salt and pepper.