

Tis strange to be nearly at midsummer and not have much other than leafy green coming out of the ground. We are often asked to contribute to seasonality calendars by well meaning organizations ... like the Scottish Government (!?) and constantly have to rein in expectations. In terms of traditional Scottish veg this really is the Hungry Gap with **leeks, tatties, carrots, swede, onions** now exhausted, and **cabbages** long since . Even Europe in its climatically different entirety can no longer supply **apples** and **pears** or **avocadoes** or **oranges** . NO wonder pickled beetroot resonates so in our folk memory as we lived on what we had saved from the previous season. Tis providential at the very least that **asparagus** and **strawberries** are there to succour us.

Of course this affects the Vegboxes as we still struggle to supply as much UK veg as poss while delivering quality and variety . We do fall short sometimes, not for want of trying and rely on you to tell us if what you receive is not up to the seasonally adjusted standard. We will always compensate or do as we did last week and give you extra large bags of **spinach** for the same price.



You have had a tiny helping of English **New Potatoes** and a celebratory mint sprig. Normally we would have left it alone till the price dropped but kinda felt you all deserved a treat.

If you don't normally get potatoes, but would like New Potatoes as an extra, they are available in £2.50 portions, which will get you a kilo next week and maybe more later...

Other extras

The Spanish avocado season is finished but we do have small Hass by boat from South Africa, not so cheap but still value at 3 for £2.50



Galia Melons are good and are £2
Peashoots are now a regular item a goodly sized punnet

We will send out a soft fruit list as soon as we can firm up prices
Currants and **Strawberries** look good and **Raspberries** expensive. We have had to replant failed canes and guess others will have too.
And with it a complete new Extras list with more cheese and current preserves

We have been asked by **Breadshare** the Community bakery at LaMancha if we would like to take their bread. Well we thought we'd ask you..

It is Organic and it is good and much of it is sourdough with good keeping qualities. Their website is informative. The Bakery needs more output daily to be viable so we thought the best way Phantassie could "invest" would be by being customers.

Please express an interest and we'll firm up a list and some details.

This week we are at Edinburgh Farmers Market.

veg@phantassie.co.uk 01620 861531

veg@phantassie.co.uk 01620 861531