

We have sunshine and crocuses (or is that crocii?) the newspapers are full of tales of drought in England and it would seem that you all love **Flower Sprouts**. We have had so many positive comments that we are putting them in all the Boxes again this week. How wonderful that you respond to something new so enthusiastically.. and its just a vegetable. Interesting recipe experiments from any of you gratefully received .. either as email or contact via our Facebook page. (Crop now exhausted so you'll have to restrain your enthusiasm till next winter.)

I felt we were being very organized being able to tell you something about the following weeks Box, but as is the rule with the best laid plans of mice**... the Orchard coldstore in Hereford got broken into, the police wouldn't let anything in or out for three days and so **Kidds Orange Red** was NOT last week's apple. It is this week's though (!) and next week we aim to give you **Coxes** for comparison.

Lovely huge **Howgate Wonder** have been unanimously been voted the best baking apple here so you get one (! They are huge) each and a handful of dates to make an interesting stuffing. Left over minciment goes down well too. Larger boxes have sharper **green apples** charmingly called **Annie Elizabeth** to go with **parsnips** etc. www.orangepippin.com/apples/kidds-orange-red.

Boxes between this week and next will find **Rainbow Carrots** (all older multicoloured varieties and not anaemic by mistake) and all of you have **Record roasting potatoes**. As most of you will know a dry floury potato makes lovely dry fluffy mash (no need for milk or butter) but you have to steam or simmer the **tatties** in the first place and not boil them roughly. Next week will be the opposite **Charlotte waxy** to go with the **big Rocket** to make one of the favourites here: **Rocket** and **Potato** soup, the rocket is succulent so can be salad too. Recipe below..

Next week we would like you to help us out and we in turn will help you which is how it goes I hope. Our hens, full of the joys of early Spring are laying lots of **eggs** but nearly all medium right now, so we are a bit imbalanced.

Next week, we propose to give those of you who order eggs **Medium eggs** but will charge you **£1.60 for 6 or £3 a dozen**. Open to all, so anyone else who'd like to take advantage of this price just ask and we can add to your order. Let us know if that is completely impossible or if you would like more....

In the big wide larger world **Fairtrade Fortnight** starts.

As purveyors of as local produce as possible we don't bring much from far away though we always use **Fairtrade Sugar**, when making preserves, plus **Bananas** of course and **Pineapples**; so these are our promotions for the next two weeks:



Bananas from the Dominican Republic **£2.20 a kilo**

Very good **Pineapples** from Finca Costicana in Costa Rica (Your Pineapple comes labelled with a number, log on to www.natureandmore.com using the number for more info, including the grower's name and credentials!) **at £2.50 each**.

Recipe' below for Peanut Butter and Banana Loaf....superindulgent Nigella at the opposite end of the scale with Caramelised Pineapple with Hot Chocolate Sauce.

As the words **Organic, Local, Sustainable** become devalued and abused by marketing and charlatans **Fairtrade** has held its head high, particularly in the UK. (The USA for example hardly knows it exists) Basically, however keen we are to buy **Local** we will still expect to consume tea and coffee and bananas (which we take as part of our birthright here in the UK!) as even The Fife Diet acknowledges with its 80/20 maxim . Here at Phantassie as at Earthy Foods & Goods we think that we should still buy from other places, but preferably in a way that sends a goodly part of the price back to benefit the origin so that means **Organic** and/or **Fairtrade**.

We will be at both Edinburgh and Haddington Farmers Markets on Saturday.

****STOP PRESS.** Talking of mice, one of the inconveniences of the mild weather is that we have mice where we don't expect them and they are rather partial to dates....so apologies to Wednesday customers and rest assured we're on the case.. (do let us know if you were the subject of zealous nibbling)

Banana & Fairtrade Peanut Butter Bread

80g butter
40g porridge oats
240g flour
160g sugar
1 tsp baking powder
2 tablespoons Fairtrade crunchy peanut butter
2 eggs
1 tablespoon natural yoghurt
3 very ripe bananas
A few drops of Fairtrade vanilla extract.

Melt the butter and set it aside to cool slightly whilst you prepare your other ingredients. Preheat your oven to 180°C (gas mark 4), then line a standard (900g) loaf tin with greaseproof paper and grease it with a little of the melted butter. Put the oats into a blender and blend briefly until they have the texture of coarse breadcrumbs. Tip the oats into a large mixing bowl. Add all the other dry ingredients to the oats and stir to combine. Roughly slice your bananas then pop them into the blender along with the yoghurt, peanut butter and vanilla extract. Blend this mixture until it's well combined but you still have a few small chunks of bananas remaining. Lightly beat the eggs in a separate bowl then add them, along with the banana mixture and melted butter to the dry ingredients. Use a spatula to gently combine all the ingredients, but don't over mix. Tip the mixture into your loaf tin. Bake loaf for about an hour until it's nicely browned on top and the base of the tin sounds hollow when tapped. Allow to cool slightly then transfer it onto a wire rack to cool completely.

Nigella's Caramelised Pineapple with Hot Chocolate Sauce From www.nigella.com

1 ripe pineapple
250g Demerara sugar
125ml Malibu
120ml double cream

200g dark chocolate, minimum 70% cocoa solids
14 wooden skewers

1. Preheat the grill or barbecue. Cut the top and bottom off the pineapple and, working vertically, slice the skin off the fruit. Cut into quarters and then into about three pieces again lengthways so that you have wedges of pineapple. Cut out the woody core and thread the wedges on to the soaked bamboo skewers lengthways and arrange these in a shallow dish. 2. Put the chocolate, broken up into pieces, into a thick-bottomed pan along with the Malibu and melt over a low heat. Then, stirring, pour in the cream, plus any juice that has gathered from the fruit. When the sauce is thick, smooth and hot, pour into a bowl with a ladle, or enough little bowls to give one per person. 3. Lay the pineapple kebabs on a sheet of foil and either grill or barbecue the pineapple, thickly coating it with demerara sugar first, until it caramelises and scorches in the heat. Take off the barbecue and lay them on a large plate and let everyone take them as they want, dipping the pineapple skewers into the hot chocolate sauce as they eat.

Basic Peasant Soup from Apulia (Sophie Grigson)

1kg waxy tatties, peeled and diced	4 thick slices stale bread (150g)
Salt	5tbsp fruity olive oil
1 litre light chicken or veg stock	3 cloves garlic peeled and sliced or more to taste.
150g Rocket leaves roughly chopped.	

Put potatoes, stock and salt in saucepan. Bring to boil and simmer for 10 mins. Add rocket and do another 10 mins.

Taste, add more salt if needed and a shake of cayenne. Draw off heat, add bread, broken up, and leave to stand, covered, for 10 min.

Fry garlic in the olive oil, then pour over soup, dust with a little more cayenne and serve, stirring garlicky oil into the soup as you spoon it into bowls.

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