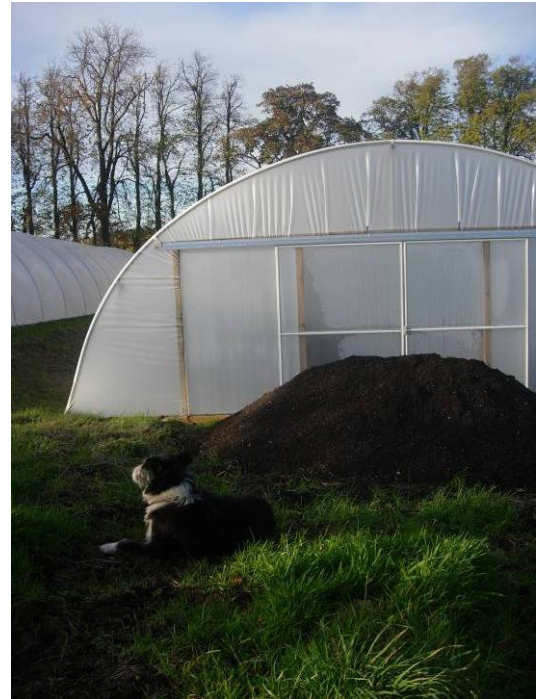


The leaves are falling and we are digging out old leaf mould heaps and starting new. Some of the old went into the mix we prepared to put overwintering crop into the new polytunnels. They will be in full swing next year and we are looking forward.



Our Organic Inspection Report landed on the doormat this week and although we can't help but approach inspection day with trepidation .. its like school.. and very much about "have you done your homework?": it is very satisfying to be validated and indeed praised for having a healthy Organic Farm for crops and animals and people. This is Phantassie's 16th year.

How wonderful it is to have a real Harvest feel this year.. Its what all farmers, big and small live for. We have been testing your seasonal willingness by putting turnips and radishes of various sorts in the Box and big English Radicchio. Having proselytized about coloured beetroot 15 years ago and winter pumpkins ten years ago and flat beans five years ago we are now turning our attention and trying to turn yours to the delights of "bitter" leaves and to the myriad different turnips and radishes around at this time of year . Sweet and spicy to eat raw and to cook, and their tops are good food too . Apologies if for lack of vegnotes you didn't know what to do with them... please do just ask.



I was asked to contribute to a Seasonality calendar for caterers sponsored by Scotland of Food and Drink, you can download it from http://www.scotlandfoodanddrink.org/showcase/seasonality-calendar#.Unoh8lOy_Id

Isle of Wight tomatoes are nearly at an end and once that happens you will get tomatoes less often in your Boxes. If you get tomatoes at as an extra, please advise if you'd like to switch to European grown, prices below.

So the current FRESH EXTRAS LIST looks like this:

Crown Prince Pumpkin (XL, over 3kg)	per kg	£2.20
Tomatoes Cherry Vine	300g	£2.00
Tomatoes Large Vine	500g	£2.00
Avocados Bacon, larger Spanish	3 for	£2.50
Apples English	kg	£2.80
Oranges, new season Spanish	kg	£2.50
Apples for juicing	kg (min2)	£1.50

We are working on a Juicing Box offer. Any suggestions welcome.

In the store cupboard we have new batches of Phantassie recipe Strawberry Jam, Golden Raspberry Vinegar, and Peach and Green Tomato Chutney. Some of Mr Hedderwick's Honey again and lovely Cordials from Danya who is making them for us, often with fruit we send her. They are very good value to drink diluted or drizzle straight.

For those of you who badly miss our Apple Juice venture we have:

Chegworth's Organic Apple Juice – Cox or Discovery **1litre** **£3.50 or 6 bottles for £20**

All these are on the EXTRAS LIST.

Phantassie will be at Edinburgh Farmers' Market on Saturday the 23rd and 30th November. Haddington Farmers' Market on the 30th.

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