

As I write in a week of the sort of still, clement, warm weather that we have come to expect and that makes September in Scotland glorious it is hard to remember the weather hell that we have been through and what havoc it has played with the crops. All the local combines are out but some of the wheat they are harvesting has no kernel and the tattie harvest using new state of the art machinery is meagre. The oppressive humidity of two weeks ago was a real killer. Some of you told us that you suffered from veg not keeping and we discovered it here ourselves even with fresh picked produce, so no doubt it was a problem for lots of you. We suspect it would have been the same wherever you'd bought veg from, but can only apologize, and assure you that veg was not less fresh that week nor effort smaller. Do just let us know anytime, and we will compensate in your next box.

For some weeks now we have been running on all UK veg, including **peppers** and **tomatoes** and as of this week all fruit (ie **apples** and **pears**, **soft fruit** and **plums** etc) will be UK, though not **citrus**, **bananas** or **grapes**! The **grapes** incidentally are lovely and a bunch of the best of the week will be the September extra at £2.50 which might buy you half a kilo or less depending on variety, and if the packhouse team have left any..

We have not been able to offer you **plums** as the crop is so small its difficult for us to source large quantities. Anybody wanting **plums** to preserve or **damsons** should make contact next week. **Damsons** will be available at £4.50 a kilo, for a kilo or more.

It is also the last week for **red** and **blackcurrants** and the quality is good. Summer **rasps** and **strawbs** are finishing and Autumn **rasps** not starting yet

Very often in a Vegbox you will get veg with tops, **onions**, **carrots**, **celeriac**, **beetroot** for example, as we harvest the first of the crop. This is NOT laziness on our part...! Traditionally veg with tops signal freshness, and are easier to accommodate in a Vegbox than a supermarket packet, but they are in all cases except **carrots** (carrot tops are definitely an acquired taste) extra food value so do use the tops as extra leaf or oniony garnish etc, and use them first.



This week you may have **beetroot with tops**, multicoloured **carrots**, (mostly older pre orange varieties) **robinta mashers** and **sweetcorn** which is surprisingly early. Like **broad beans**, (now finished by the way) **sweetcorn** has a very short season and is scrummy so you will get some next week too!

Our **celery** is big and bold and all boxes will have some (again with tops) in the fortnight. It is not blanched and watery but can be eaten raw. Large **pink beefsteak tomatoes** with a sprig of **basil** are also making the rounds, and as **lettuces** are abundant you have been having lots at glutty prices...

Three interesting **chard** recipes from Hugh Fearnley Whittingstall for those of you seeking inspiration with this lovely veg <http://www.guardian.co.uk/lifeandstyle/2012/aug/24/chard-recipes-hugh-fearnley-whittingstall>

Somehow in the middle of everything we have made batches of Strawberry with Redcurrant, Apricot and Nectarine Jam, all made with FairTrade Sugar and all available at £3.50 a jar.

Next week we will talk about **Scottish Food & Drink Fortnight, Organic September and Nourish** ... but meanwhile will be at **EDINBURGH FARMERS MARKET** on Saturday, 8<sup>th</sup> September.

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