



## Valentine Veg box selection

### Jan Feb 2017

Here it is unseasonably warm during the day and frosty at night. We are sowing seeds and scheming and planning. As we look forward to another year of Growing and Boxing may we just say Thank you for all your good wishes over Christmas. As always it is heartening to be appreciated.

Now, we will only mention Courgettes in passing... we have simply delisted European veg that is super scarce and expensive: more pertinently perhaps the Press has not picked up on the Local message when reporting the "necessity" of importing iceberg lettuce from America, so clearly that is not important this year. Well it

is and will continue to be important that we grow as much of our own produce as we can and value it, for every political, societal, cultural and environmental reason, though it saddens me to see how much of East Lothian's former Market Garden land is disappearing beneath badly built houses.

At Phantassie the policy is still Local and UK first, European produce in season and when sensible and from further away with Fair Trade and Organic principles to the fore. So right now we can celebrate an array of Citrus and also Pineapples and Mangoes in their season (see new Smoothie Box) and encourage you in Roasting Roots and making imaginative Slaws, the real Winter Salad. See recipe from Earthy Kitchen.

We do see some price rises which though almost entirely Exchange Rate related, will have some little impact on how much produce is in your Box, where the overall price remains the same. Applied Budgeting is what we call it...

Anyway to cheer up both you and us, we have essayed the usual Valentine's Box where the coded messages of red hearts, hidden purple passion, bitter and sweet, beetroot for lust and a healthy heart (possibly contradictory but yes really), pomegranates for tears, and chillies to spice things up are offered up for your delectation.

For those who prefer to pick and choose, you can get a Box or individual items through Edinburgh Artisan Food as part of an order from lots of Edinburgh's specialist food suppliers. So, there is a make your own Box option there. [www.edinburghartisanfood.co.uk](http://www.edinburghartisanfood.co.uk)

You can also join the Southside Food Assembly and collect from Summerhall on Tuesday nights. <https://thefoodassembly.com/en/login>

Of course you can still visit us at Edinburgh Farmers Market, Leith Dock Place and Haddington, to chat, shop or collect orders.





Breakfast Juice



Tropical Smoothie



Makes 7 Litres

<https://www.ninemealsfromanarchy.co.uk>

## February & March EXTRAS

Please email your additions to [vegphantassie@gmail.com](mailto:vegphantassie@gmail.com)  
EXTRA items below may turn up in your box every now and again but they are offered for one off or regular supply.

### JUICING BOXES

Medium Green Juicing Box £15.00

Large Variety Juicing Box £30.00

Breakfast Juice Box £7.50

*Apples, carrots, celery, oranges, turmeric*

Tropical Smoothie Box £8.50

*Bananas, Mango, Pineapple, Coconut Milk*

See Website for more details on Juice boxes

<http://www.phantassie.co.uk/vegboxes.html>

### FRUIT

Oranges Medium (Spanish) £2.80 per Kg

Oranges Blood (Italian) £2.80 per Kg

Oranges Marmalade (Spanish) £2.80 per Kg

Grapefruit Ruby (Italian) £1.00 each

Pineapples £2.80 each

Apples Juicing £2.50 per Kg

Dates Mazafati (Iran) £4.50 per 250g

### SEASONING

Ginger £1.00 per 100g

Garlic & Chilli £1.00

Turmeric fresh root (Peru) £1.50 per 100g

Veg Stock Pure Concentrated £3.75 105g jar

### VEGETABLES

Roasting box with Herbs £4.90

Tomatoes Cherry Vine Spanish £2.00 250g

Tomatoes Large Vine Spanish £2.50 350g

Avocadoes Hass Spanish 3 Medium £4.00

Baking Potatoes Marfona £2.50 per 2.5Kg

Sweet Potatoes £3.50 per Kg

Mungoswells Scottish Organic Wheat Flour

4 types @ £2.75 per 1.5kg bag

Wholemeal Strong Bread/ Strong Bread

Self-Raising or Plain





## Seedy Slaw by EARTHY Kitchen

For Six Servings

### INGREDIENTS

170g carrots

380g white cabbage

180g kg red cabbage

160g cavalo nero thinly sliced

1/2 bunch spring onion thinly sliced

20g black sesame

30g white sesame

25g poppy seeds

30g sunflower seeds toasted

5g salt

10ml white wine vinegar, lemon juice or apple cider vinegar depending on your taste buds.

15ml olive oil

### METHOD

Peel & wash the carrots, then put into the food processor, or grate by hand. Cut the cabbages into quarters, remove the core and put into the food processor, or grate by hand. Wash then slice the cavalo nero or other kale by hand. Add all ingredients together & mix well. Allow flavour to improve by leaving it to macerate and blend. Check seasoning before serving.