

Easter 2016

An early Easter fits the pagan and natural calendar better methinks

Equinox, nest building, the first sowing and planting as the ground warms up. We have been planting Raspberry canes (Tulameen, still the BEST Scottish flavour and out of favour commercially), Shallots, Lettuces and sowing Salad mixes. Lots of thoughts of Renewal as the Hungry Gap takes hold and UK veg gets more difficult to find. But then our woodlands yield their mass of Wild Garlic, (Ramsons), and there is also Three Cornered Leeks, Sweet Cicely and the clean flavours of Fennel and Mint are available again.

Wild Garlic will appear in your Veg boxes and you can order it as an extra for the season. To not make the box too rooty this week, when there is not much green stuff about, we have added some sprouting seeds, also packs of red cabbage and apple. The Dutch are very good at this and also fresh Sauerkraut, (see Extras list). We can recommend the pack as great value hot or cold and it keeps well when opened. You also have a pickle of Celery stalks and leaf so you will have the culinary Holy Trinity of carrot/onion/celery to make the best stock and gravy for your Easter roast..

Also brightly coloured beetroot and carrots for most to do some multihued roast veg.



We have some new wheels..... a little van to do local deliveries and also to ferry our staff and Wwoofers about; currently some cheerful souls from Brittany. Unfortunately it's not a super duper environmentally friendly electric vehicle as we need extra seats, but very economical compared to the big Transits.



More new wheels came about when they fell off the Salad bus and we have truly Gone Back to the Future, as you'll see from our picture! Just in case the Muesli and Sandals image wasn't strong enough. There was some debate as to whether we should show our redoubtable customers this..... but



we thought you might approve of our mend and make do..

Fruit wise the Moro Blood Oranges become Sanguinello which are the most berry flavoured variety. There are still good English apples and European pears and we have listed Pink Lady as an extra (Italian) as they are usually too big for the standard fruit bags, and plump South African FT grapes.



**Market Dates - Edinburgh Castle Terrace; Sat 26th Mar/ 9th, 23rd & 30th April
Dock Place Leith Sat 2nd, 9th & 17th April Haddington Sat 26th March & Sat 23rd April**



The markets are great places to meet artisan food producers and sample many tasty foods. Our facebook page has pictures of all the stalls at Leith Market to get your taste buds drooling. Although we don't grow Bananas or Avocados at Phantassie, they are offered at Leith Market on our Organic Stall.



April & May EXTRAS

Please email your additions to veg@phantassie.co.uk
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 Box **£15.00**

3 Leafy Greens from Kale, Swiss Chard, Spinach, Cabbage Greens or Cavalo Nero; Sweet Apples, Celery, Parsley, Cucumber, Lemon, Lime and Grapes (Medium box only) (Contents Seasonally Adjusted)

Large Variety Box **£30.00**

As Medium box but 4 Leafy Greens PLUS Radish, Lettuce, Ginger, Fennel, Oranges, Carrots, Beetroot, Watermelon, Zingy Apples, Mint or Coriander. (Contents Seasonally Adjusted)

Bespoke Juicing box extras; please send us your requests e.g Pears, Turmeric

FRUIT

Oranges Blood Sanguinello	£2.50	1kg
Apples Pink Lady (Italy)	£4.50	1kg
Pineapple Fair Trade	£2.50	each
Grapes Red/ Black	£2.50	350 g

VEGETABLES

Avocados small	£2.00	for 3/4
Tomatoes Cherry Vine Spanish	£2.00	250g
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Mushrooms Chestnut	£2.10	250g
Mushrooms Shitake	£2.50	100g
Sauerkraut bag	£1.95	
Phantassie Salad Bag	£2.00	100g
Pumpkins Crown Prince large	£2.80	per Kg
Turmeric fresh root Cameroon	£1.50	100g
Wild Garlic (great for pesto ect)	£1.60	per bag

Deadline for additions, holiday cancellations etc is 9am two days before delivery day please. Thank you!