



*Pumpkin & Squash Harvest
Phantassie October 2016*

Mid Oct 2016

You know it's Autumn when the pumpkin harvest is gathered in and the Salad doesn't grow so fast, but there are still some autumn raspberries amongst all the apples and pears.

You can take it for granted that unless it is obvious, all your veg and fruit will be UK.

Apples; If you have lots you can take them to Thistly Cross who will exchange for Cider or Juice. info@thistlycrosscider.co.uk, or call 07960 962 510.

Some neighbours have a newly planted orchard that we have taken into our Organic Certification, to help them out.

There is a scheme for small growers to piggyback on the more established to encourage certification and keep down costs. NO fruit from it this year but we look forward to 2017.

Pumpkins: We have lots from teeny to ginormous. Our favourites Crown Prince are available as an extra and can be kept for Thanksgiving and beyond. All the squash family prefer tables and shelves to fridges so it's decoration first and eating after. Oh and we have **Halloween carvers** too, but be quick before we run out.

The Boxes start to have more cooking veg and be chunkier too. By the end of October tomatoes and salad will only be available as an extra. New listings are Seasoning combos to add flavour and keep colds

at bay; garlic & chilli and lemon & ginger. You could order them to arrive alternative weeks.

Some enterprising souls in Cheshire have started making and jarring a fresh veg stock in puree form. We think it's a great product and will be invaluable in your fridge. See Extras list.

We have been busy trying out alternative channels to get good Organic veg distributed in Edinburgh as we can't reach everybody on our Box runs.

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 for those who prefer to pick and choose, there is a make your own Box option there. <https://www.edinburghartisanfood.co.uk/> [click on link](#)

You can also join the Southside Food Assembly and collect from Potterow Tuesday nights. <https://thefoodassembly.com/en> [click on link](#)

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

Patricia



**Market Dates - Edinburgh Castle Terrace; Sat 22nd & 29th OCT then 12th & 26th NOV
Dock Place Leith Sat 22nd Oct then 5th, 12th & 19th NOV Haddington Sat 29th OCT & 26th NOV**



Red Onion Squash, Harlequin



*Pictured above are our new "extras"
Roasting Veg box
& Salad Box
To add to your main order.*

October & November EXTRAS

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

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)

FRUIT

Lemons (Spanish) for two £1.20

Pomegranates each (Spanish) £2.00

SEASONING

Ginger & Lemon £1.20

Garlic & Chilli £1.20

Turmeric fresh root (Peru) 100g £2.00

Veg Stock 12 – 14 units £3.50

EGGS per half dozen

Medium @ £2.00 Large @ £2.25 XL @ £2.75

VEGETABLES

Halloween Pumpkins £2.50 each

Crown Prince 3kg or more £2.50 per Kg

Roasting box with Herbs £4.90

Salad box £4.90

Tomatoes Cherry Vine (UK iow) £2.00 250g

Tomatoes Large Vine (UK iow) £2.50 400g

Tomatoes Heirloom (UK iow) £2.50 250g

Avocadoes Bacon £1.20 each

Phantassie Salad Bag £2.00 100g

Mungoswells Scottish Organic Wheat Flour

4 types @ £2.60 per 1.5kg bag

Wholemeal Strong Bread/ Strong Bread

Self-Raising or Plain

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

Phantassie Autumn 2016 Phantassie Autumn 2016 Phantassie Autumn 2016



Calendula for our award winning herb salad and Edinburgh Farmer's Market



Blenheim Orange apples in the walled garden



Fiona gets creative; bunched beetroot and turnips



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Crown Prince Pumpkin and Blue Ballet on the right



Gardener Claudia with WWoofers from Germany and London helping to store the colourful October Squash and Pumpkin Harvest



Sweet Japanese Turnips



Cavalo nero Brassica oleracea Lacinato



Looking back from the trailer out to the October sunshine Phantassie Autumn 2016



Golden Beetroot bunches Phantassie Autumn 2016

Phantassie Autumn 2016



Pumpkin Pie Recipes

Hemsley & Hemsley

click on the link below to see full recipe

<http://www.hemsleyandhemsley.com/recipe/pumpkin-pie-puddings/>



Antony Worrall Thompson

click on the link below to see full recipe

http://www.bbc.co.uk/food/recipes/pumpkinpie_70659



Phantassie Gardener, Guy's Pumpkin Soup

"It's different every time but general ingredients are Red Onion Squash or/and Crown Prince Pumpkin roasted with or without skins or just peeled and diced then put in after caramelising other veg".

First use butter (Coconut or regular), then add olive or rapeseed oil and gently cook fennel, fenugreek, mustard and cumin seeds for approximately two mins. Add onion, celery, and odds and ends of veg for stock base, ginger – fresh or powdered, garlic, pepper and salt and cook gently for 10 mins or so. Add water if needed.

Then add prepped Squash to base mixture and water to cover Squash plus more seasoning; dissolved stock cube/or alternative, teaspoon sugar and tablespoon cider vinegar or to your taste.

Simmer until Squash flesh is soft. Finally Coconut cream and/or Peanut butter optionally and add to taste. Whizz it all up with a stick blender. This is a favourite with all at Phantassie and a lunchtime staple. Yum!

To Peel or not to Peel.....Always butternuts. Always dark green pumpkins, as the skin is tougher than the orange varieties. Crown Prince and Red Kuri (Red Onion Squash) don't always need peeling as the skin is softer and will dissolve into the liquidized soup. Always scoop out the seeds!

Contact us: 01620 861 531 or veg@phantassie.co.uk Visit our Website:

www.phantassie.co.uk Facebook: [facebook.com/phantassie](https://www.facebook.com/phantassie) for recipes and tips

