

We should have sent you this Vegnote 2 weeks ago – so now out of date, but so that you don't miss the update – we're sending now for info – with a current update below...

Tatties are in the ground ..Hurrah! That always makes us feel that the growing season is really on its way. New **raspberry canes** as well, so a not very good crop on the old canes this year and then a much better one next.

So much store veg is fading away now and what there is can be sprouty or hairy.. (so for example put your **carrots** in the fridge for a change and use weekly) don't let your **potatoes** get too warm and knock the sprouts off them. Our English **pears and apples are now finished**, so for those of you only wanting UK fruit that means we may not be able to provide for the next few weeks, until soft fruit appears. Mind you I haven't seen anything European even in Die Grosse Grocers for months.

Spring greens are fresh and succulent and crying out for little cooking and your favourite butter, soy or bacony accompaniment. The **spinach** which most of you have is **Perpetual spinach**, from the same family as **chard** and **beetroot**. It will grow over the winter here and produce a crop in the Spring. Quite substantial it goes well in recipes where you need **spinach** for bulk such as spinakoppita, see recipe below.

True Spinach is a different animal/vegetable, dark green and glossy, but with less substance and milder flavour. If you get **baby spinach** in coming weeks it will be that variety.

If you get **beans** you can assume they are from the glasshouses of the English Organic **tomato** growers who use them for leguminous rotation (nitrogen fixing) and an extra crop. Talking of which our Isle of Wight **tomatoes** are now in full swing and just fantastic they are too. Because they can be picked riper with a shorter travel distance they contain more lycopene (antioxidant) and have the more complex flavour you remember from european holiday tomatoes. So they are on the Extras list along with **mushrooms** and **apple juice** BUT everything else is now OFF.

Mushrooms, Chestnut 350g	£2.50
Tomatoes Vine, large 350g	£2.00
Tomatoes, wee like sweeties 250g	£2.00
Apple Juice 3 x 330ml bottles	£2.50

Ahhha and Asparagus.

This will be starting next week and as of last year we will be bringing it up from the Norfolk farm (here in time for Friday and hopefully Thursday boxes, Wednesday boxes you'll need to wait another week, I'm afraid). **At £3.25 a bunch or 2 for £6.00** it is too much money to go in the Vegbox so for the season it is available as an extra, and that way you can have it every week if you like! Let us know if you'd like added to your box.

Why don't we grow it ourselves? Well we're asking the very same question .. don't have the right soil really and the spare ground to give over to a permanent crop, but we're working on it.

Some of you may have realized that we have quietly opened another Earthy shop on Canonmills Bridge, complete with café serving up lots of good vegetable dishes. More details later when the licensed restaurant et al will be up and running..., but please do visit if you're in the area. (Only don't expect our carpark to be available as its about to be taken over by the river floodworks!)

veg@phantassie.co.uk 01620 861531

Spanakopita

Taken from www.davidlebovitz.com/2009/03/spanakopita - a great lover of fresh ingredients,
Makes eight triangles – Freeze once made, or use fresh.

2 tablespoons olive oil
1 medium onion, peeled and minced
12 ounces (325g) fresh spinach, well-washed and towel dried
salt and freshly-ground pepper
8-10 ounces (230-250g) feta cheese
2 tablespoons finely-chopped flat leaf parsley
pinch of freshly-grated nutmeg
1 large egg, at room temperature
lemon juice
16 sheets filo dough (about 12 ounces, 350g), thawed, if frozen
Melted butter (2-3 ounces, 60-90g)

1. Heat oil in a large saucepan or skillet. Add the onions and cook, stirring frequently, until translucent.
 2. Add the spinach and a bit of salt and pepper, cover, and cook until the spinach is completely wilted, stirring once or twice to hasten the process.
 3. Scrape the spinach into a colander and let cool completely. Once cool, firmly squeeze out the excess liquid then chop the spinach with a chef's knife into smallish pieces.
 4. Mix the spinach in a small bowl with the feta and parsley until chunky. Taste, and add nutmeg and a squirt of lemon juice, plus more salt and pepper if desired. Stir in the egg.
 5. Unwrap and unroll the filo and keep it covered at all times with a damp tea towel.
 6. Working quickly lay one sheet of filo on the counter and brush it lightly, but thoroughly, with butter. Lay another sheet on top of it and brush it with butter as well.
 7. Set a scant 1/4 cup (50g) of the filling in the center, about 1-inch (3cm) from the edge of the sheets of filo, then roll the two edges of the dough over, lengthwise, to encase the filling. You should have a long rectangle with filling underneath the top far end.
 8. Brush the exposed surface of the filo with butter and fold one corner diagonally over the filling, then continue folding keeping the triangle shape (as you'd fold a flag) and brushing the exposed surfaces of the filo with butter, until you have a neat triangle. Brush the top with butter and set on a baking sheet in the freezer.
 9. Continue making more spanakopitas with the remaining filling. Once all the spanakopitas are frozen, store them in a freezer bag until ready to bake. If well-wrapped, they'll keep for a couple of months.
10. To bake the frozen spanakopita, preheat the oven to 350F (180C) and put the frozen triangles on a baking sheet, then brush each with butter. Bake for 30 minutes, or until deeply-golden brown. If you're baking them without freezing them first, they'll take less time to bake, so check them before the recommended baking time.

So now it's the 15th May and the sun has finally come out after the rain and we are busy, busy, busy planting. The next two weeks Boxes will see the end of East Lothian **onions** and **carrots**. They are still fresh and we do **onions** on the basis of giving you more for the same money, but don't leave them in a warm place or they will produce sprouts worthy of a Primary School experiment.

This week small boxes have bunches of little **leeks**. These are sweet and the last of the line as that patch too gets ploughed up. **Baby chard** makes good salad leaf on its own or mixed and some of you have **sprouting seeds**, the original microgreens.

We hope that without a note you would discover that your long dark roots were **Beetroot**, appositely named **Cylindra** which keeps in store for a long time. And that Spring **Kohlrabi** is good grated raw or cooked like broccoli stem.

IF YOU GET SOMETHING YOU'RE NOT SURE OF AND WE'RE NOT NOTING PLEASE EMAIL THE OFFICE AND WE'LL BE HAPPY TO HELP.

Next week there will be **flat beans** like stringless runners and this year's first batch of wonky **cucumbers**. These will be big and bent and thus rejected by Die Grosse Grocers so coming to you as good value. Helping yourselves and the Organic growers who would otherwise have to chuck them. Some will have strong red **celery**. This is for cooking only and will be great to make a proper mirepoix or sweat down under the roast etc. It has great flavour but is too fibrous to eat raw.

Apples will be Dutch **Jonagold** and there are nice **charentais** or galia **melons** £2.50 each so ask if you would like as an extra. Also Fairtrade **Mangoes** from Burkino Faso, not airfreighted at £1.50 Scottish unsprayed **strawberries** are just starting so they will feature in the next Note.

On Sunday we will have a sampling stall at Earthy One on Causewayside which is celebrating its Fourth Birthday.. how time flies when you are having fun.. and then the weekend of the 26th we will be at Edinburgh and Haddington Farmers Markets.

veg@phantassie.co.uk 01620 861531