

Its **November now** and I find myself adding **brussels sprouts** to the wholesale list. They wont appear in your Vegbox till December, however. Need more frost..

Right now we're busy building more Herb Beds in the garden area as we never seem to have enough space and digging last years leaves into the soil as we gather more now to make the next lot of leaf mould... Laurence and Evelyn are new members of the growing team being very enthusiastic and getting advice from Rob, who some of you may remember was here in what seems another life many years ago. More circles and cycles.

Lettuces are still growing and **celeriac** still has its tops. The beds and greenery are ready to be filmed by the Glenfiddich team coming any day now to trace Earthy (Earthy Foods & Goods, www.earthy.co.uk) food from field to plate. Patricia and co founders Dirk and Pete have been nominated in the food category of the Glenfiddich awards this year which is a huge honour and we like to think Phantassie has played a vital part. You'll find the whole Spirit Of Scotland awards thing on the Glenfiddich website www.glenfiddich.co.uk, where the Environment section is also interesting and hotly contested .



Some other things are winding down with Isle of Wight **tomatoes** down to a single variety. It has been fantastic to sell only British tomatoes for the entire season this year and we look forward to continuing the relationship next year. As **tomatoes** appear less frequently in the Boxes, you can order them as an 'Extra'.

A new Extras List is enclosed with other seasonal items listed centre stage: **Avocados** now in Spanish season, a bigger bag of **tatties** and **carrots** for juicing (which will usually just be broken ones).

You may have noticed there are no Carving Halloween pumpkins offered this year as the fruits really haven't been big enough but you can have a beautiful whole **Crown Prince pumpkin** weighing between 2-3k any time at £2.80 per kg.



Mr Hedderwick has just brought in a new batch of **honey**, well scented with the Heather flower from the Lammermuirs, though much like the fruit honey is in short supply.

This week we are clearing a summer **kale** patch so you may get whole heads with some very tender little leaves and have been attempting to move some Horseradish... you never get it all. Roots will now be available if you ask at £1.50 per 100g.

We hope we have managed to include you all in intimation of the change in delivery terms and box sizes. One smart customer has immediately asked if they can have a **DOUBLE BASICS** as their £15 Medium Box. Yes they can and it will be delivered FOC.

Parsnips and Bramley Apple Soup

Ingredients

500g parsnips, peeled and chopped
1 Bramley cooking apple, peeled, cored and chopped
25g butter
1 litre chicken or vegetable stock
½ teaspoon dried sage
2 cloves
*or curry powder/paste
150ml single cream

Method

Gently cook the parsnips and apple in the butter in a covered pan for about 10 minutes, stirring occasionally.
Add the stock, sage and cloves and bring to the boil. *If using the curry spices then add to the sautéing veg and omit the sage and cloves.
Cover and simmer gently for 30-40 minutes until the parsnips have softened. Remove the cloves.
Liquidize until smooth.
When ready to serve add the cream and reheat gently without boiling.

Potato Parsnip Casserole with Apples

Serves 2-3

1 large eating apple
300 g potatoes
150 g parsnips
1 large red onion
300 ml cream (use whatever fat content you're happy with)
1-2 tbsp dijon mustard
1 tbsp runny honey
fresh chopped herbs (I used thyme, rosemary, sage and tarragon)
salt
pepper

Preheat the oven to 200°C.

Peel the potatoes and the parsnips, and slice thinly. (A mandolin comes in handy.) Slice the apple and the red onion, too. Mix everything and place in a buttered oven-proof dish.

Mix together cream with mustard, honey, salt, pepper and the fresh herbs. Pour over the potato mixture, and bake for about 45 minutes or until everything is nicely golden and cooked through.