

Big apology to all for lack of chat and info recently.

Our lovely Luisa has been out of action for nearly two months now with an excruciatingly painful back and the office consisting of myself and Rowan (and both of us have other tasks) has been held together with safety pins. Luisa is scheduled to depart anyway for Italy to help out with her parents and after nearly 10 years we will be saying a gut wrenchingly tearful goodbye. She has been Phantassie's staunchest believer all along. Cindy Chapleo has arrived to rescue us and is just settling into the garden view seat and trying not to displace Doris the cat from her accustomed cushion. Cindy is an enthusiastic vegetable eater and cooker and will get to know you all quite quickly I guess. Please help her where necessary, and not in Italian, and give the longest poss lead-time for requests.



So what have we been doing?

Picking buckets of **wild garlic** and sending it too you in ever larger bags for your delectation, Planting **tatties** at long last now the soil is warm enough for them not to shiver. Coaxing the **rhubarb** which is now in full flood and shortly to be followed by **asparagus**. Sending you bouquets of **purslane** and **punnets of peashoots**.



Both these greens are nutritious and tasty and very welcome after such a hard winter. It seems providential at the least that **winter purslane** or **claytonia** grows when it does to provide us with vits when we most need them .

Peashoots are a more artificial construct as they are a sprouted seed run riot, done by Aconbury in Wales. In case you are asking these are **Snowpeas** and I don't think you get the same results from green garden peaseed but do try. Also please try treating as school experiment cress and seeing if they will regrow after a cut.

The estimable Chocolate Tree make their wares in Haddington and have now turned their production BeantoBar, meaning that they now make chocolate rather than just reforming it so to speak. For them Cocoa Shells are a waste product but to us they are a precious mulching material and compost ingredient.



We are making similar efforts to gather up all Earthy's vast store of coffee grounds but at the moment have no plans to return Cake to the soil....

Just a **Potato** and **Carrot** reminder...

Store **potatoes** are nearly finished and they are getting a little soft and **carrots** may be hairy. We still prefer them to imported "NEW" and will not swap to **new potatoes** till they are UK which this year may be some time away.. Please keep any remaining root veg in the dark and use up more quickly.

So now I can talk about **Asparagus** which is starting any time now. There is no Scottish Organic and we have built a good relationship with growers in Norfolk who ship to us direct. As a bunch will be £3.50 it is unlikely to be in your Box, but please follow previous custom and specify as an extra for as long as the season lasts.

Our friends at Tomato Stall in the Isle of Wight are already sending us fantastic flavoursome **tomatoes** so the new Extras List for May looks like this:

Avocados 4 for £2 ridiculously good.

Rhubarb £4 per kilo (maybe cheaper later and we will sometimes include in your box, counting it as a veg!)

Asparagus £3.50 a bunch or two for £6.50

Tomatoes large Vine, Isle of Wight £3 500g

Tomatoes Cocktail Vine, Isle of Wight £2 250g

Peashoot punnet £1.80

We will be at Edinburgh Farmers' Market next Saturday 11th May

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