



29th November 2014

Phantassie salad arowina well in the walled garden November 22nd

Today feels sort of wintry at last, though we are still finding caterpillars and would be almost grateful for a hard frost to kill off bugs. Only a month till the season turns again and we start to look forward to Spring. Autumn has been good to us and to you as customers, with Sweetcorn, Tomatoes and salad stuff lasting into November, so you'll be ready for your Big Winter Cooking Boxes when they come.

Talking of Christmas (sort of), we'll email you next week with Christmas arrangements

and Order forms for extra boxes and veg. We have also sent out Birds and Beasts Order Forms from our sister company Earthy as so many of you ask where you can get more sustainable Christmas fare.

Current Boxes contain the last of the Isle of Wight tomatoes. From now on Tomatoes are European and will appear much less often in the Boxes, though you can still order them as an extra.

Little Rolet pumpkins are great... their hard outer skin makes them one of the best

stuffers as the shell remains strong in the oven. Cream and good melting cheese (gruyere etc) make one the best quick fillings; comfort food at its best.



We have good stocks of Large Pumpkins, Crown Prince and Musquee if you would like to book one for Christmas. A fantastic non meat centrepiece.

Note for the diary: We are at the Edinburgh Farmer's Market on Saturday 13th December and TUE 23rd December and Haddington Farmer's Market on Saturday 20th December

Contact us : 01620 861 531 or veg@phantassie.co.uk Visit our website: www.phantassie.co.uk Friend us on [Facebook](https://www.facebook.com/phantassie): [facebook.com/phantassie](https://www.facebook.com/phantassie)



Seasonally it is the Spanish avocado season so little Hass are back as a popular extra again and it is also strange fruit time with deliveries in of custard apples, pomegranates, persimmon and Feijoa (pineapple guava).



We're very proud that our Herb Salad was voted 'Runner-up' in the 'Most Innovative New Food Product' category in the 2014 East Lothian Food & Drink Awards. Well done to all the team for getting this product out there and Congratulations to NB Gin on winning first prize, booze wins over veg! Slange Var.

In honour of St Andrews or Saltire night we have also sent out swede. For truly amazing flavour you could try emulating Gardeners Cottage and making a heavy salt crust pastry to wrap one in and bake whole.



This note welcomes Candy who is new in the office. Like Cindy (the names are entirely coincidental!), she comes with lots of customer facing experience, but do please help her by making your requests and pronouncements as lucid as possible!

Candy has a particular interest in Nutrition and so has arrived just in time to back up official claims that Kale and Brussel sprouts are truly SUPERFOODS, something that Organic Growers, who have mob handedly made Kale a normal part of our diets again, have long known.

Non Christmas Extras look like this:

VEGETABLES:

Large Pumpkins	£2.50/kg	3kg or more
Avocados (small)	£2.00	for 3 or 4
above depending on size		
Tomatoes Cherry Vine	£2.00	250g
Tomatoes Large Vine	£2.00	350g
Baking Potatoes	£2.00	2kg

FRUIT:

Pomegranates (Spanish)	£2.00	each x large
Feijoa (French)	£2.00	300g
Clementines (Spanish)	£2.50	850g
Pineapples FT	£2.50	each
Apples English eaters	£2.00	750g
Pippins, russets, gala, reds etc		

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