



Apple Blossom

MAY 2021

All the produce we hope for in May has been a long time coming and this year's weather has shortened the season for both Jersey Royals and Asparagus - which means increased prices. As before, we offer these as Veg Box EXTRAS which you can have as a one-off or just say you want a portion every week whilst they're in season.



Fruit or Veg? Rhubarb is a vegetable from the Polygonaceae family. While it's technically a vegetable due to its inherent characteristics (it's an edible plant with leaves and stalks), it was legally judged to be a fruit in 1947 by a New York court to help businesses avoid paying additional taxes.

At Phantassie we hold to botany including it as a Veg Box ingredient. So please let us know if you hate it, have a huge clump in the garden or always get given some by friends or neighbours. Really good rhubarb recipes can be found by searching "Guardian Rhubarb Recipes" on the web.

STONEFRUIT MEDLEYS are the "apple and pear bag" of early summer – a selection of nectarines, peaches, cherries and apricots.

TOMATO MEDLEYS are a bumper, family-sized punnet of different varieties – great if you can't choose between them, or simply want to try lots of different types of tomatoes.

CARBON GOLD COMPOST as used here on the farm and recommended for performance and environmental reasons. We help with the carbon footprint too by delivering it with your Veg Box. They have a very informative website: www.carbongold.com

Despite these specific abundances, we are still officially in the SCOTTISH HUNGRY GAP, when home grown produce is extremely limited, consisting of leaves and herbs with the first substantial veg expected at the end of June - or even later than that from us,

as we have been unable to put very much in the ground during a very cold April.

See our blog on the website phantassie.co.uk which is also where you look to find out which MARKETS we are attending and to remind yourselves of all the VEG BOX OPTIONS, if you feel like ringing the changes. Mediterranean and Salad boxes are very popular during the summer months.

It's a full year now since we all plunged into the maelstrom of Covid restrictions and lockdown life. Here at Phantassie, we've hardly had time to draw breath as we changed all our working practices and indeed our business model and tried our best to deliver good, healthy veg to all those asking. On the whole we have relished the challenge and the opportunity to showcase Organic Veg Boxes to a wider audience. So many of you are still with us and now we are welcoming back many of our catering customers who, somehow, extraordinarily have survived and are so happy to be cooking for appreciative customers again. Everyone here at Phantassie is hugely grateful to all of you for being customers, being uncomplaining and understanding and asking politely about the unfamiliar veg in your box. You have helped us to keep all the jobs, with no government help, create three new ones, pay our taxes (somebody had to), circulate money in the local economy, support other growers and organic businesses and generally 'up our game' and hopefully improve our service standards.

Here's to a summer of eating lots of lovely Fruit and Veg and relishing the connection with the chemical-free land and soil that produces it. And of course, to practising our new-found cooking skills!



Small Salad Box



The Isle of Wight Tomato Season has just started. "More Sunshine, More Taste" is their motto and they do taste wonderful. Even known to turn tomato haters into fans.

JUNE EXTRAS

Please email your additions to veg@phantassie.co.uk
EXTRA items below may turn up in your box every now and again, but they are offered for one off or regular supply.

FRUIT

Rhubarb (Phantassie)	£2.80	750g
Blueberries (Spanish)	£3.00	punnet
Pineapple Togo or Cote D'ivoire	£3.50	each
Lemons	£1.00	for 2
Stone Fruit Medleys	£6.50	mix
<i>A mix of peaches, nectarines, apricots & cherries</i>		

VEGETABLES

Asparagus (UK)	£4.50	a bunch
Or £8 for two bunches		
Avocados	£1.60	each or
Tomatoes Mini Plum mix (UK IOW)	£2.00	200g
Tomatoes Large Vine (UK IOW)	£2.00	350g
Tomatoes Heirloom (UK IOW)	£4.50	500g
Tomato Medleys	£5.00	mix
Mushrooms Chestnut (English)	£1.60	200g
Mushrooms King Oyster (NLD)	£3.80	200g
Phantassie Salad Bag	£2.00	125g
Potatoes New Jersey	£7.50	per kg
Carbon Gold Seed Compost	£6.50	10L
Carbon Gold Potting Compost	£9.50	20L
Eggs Medium half dozen	£2.25	box
Eggs Large half dozen	£2.45	box
Medium Green Juicing Box	£17.50	box
Tropical Fruit Box	£10.00	box
Large Salad Box	£17.50	box
Small Salad Box	£7.50	small box

Mungoswells Scottish Organic Wheat Flour

4 types @ £3.90 per 1.5kg bag

Wholemeal Strong Bread/ Strong Bread

Self Raising or Plain

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

phantassie *spring*



phantassie *spring*



Our tremendous growing team lay tyres on the poly membrane after planting Brassicas

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Green Salad Bowl seedlings with Borage and Marigold



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Claudia's been very busy sowing seeds in the polytunnels



Rhubarb



Outdoor Shade tunnel with spring onion seedlings

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Kevin shows off the new Tomato Stall arrivals from the Isle of Wight



Rows of salad in the polytunnel – Just as well they are not outside given the hail on May 18th! Red Frills Mustard, Green in the snow Mustard & Mizuna



phantassie *spring*