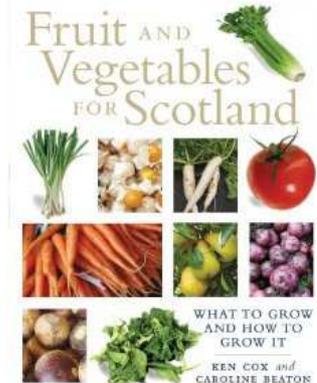


A New Year.... No two Januaries seem the same recently. The witch hazel is flowering, the hydrangeas budding and the Salad leaf growing in our tunnels (and the little white radishes some of you have). However the bugs and larvae are happy in the warm soil and storing up problems for later. We hope the beginning of this year is good to you and that you haven't suffered from all the dreadful flu et al, the human cost of such an unseasonably mild spell.

Here we are busy with seed catalogues looking for Organic varieties that will give good yields in our Scottish conditions, but more importantly will be "GROWN FOR TASTE", a Phantassie maxim. For those of you setting off on similar adventures in your own gardens we can recommend Ken Cox's book "Fruit and Vegetables for Scotland", to which we have contributed, reminding us of Scottish growing conditions as opposed to those of the South of England that rule Catalogues and Gardening Advice.



Usually we try to start the year with seasonal (of course) but un-Christmassy veg, so you are having zingy crunchy things in your Vegboxes including some of the wonderful **citrus** that appears now..- to juice or put in salad. **Blood oranges** and **grapefruit** pair well with bitter leaf like **radicchio** and **celery** too and with **beetroot**.

For once we are ahead of the game as it is only this weeks Guardian and not last that yields this Ottolenghi recipe...! (See below)

Beetroot IS seasonal and really should be veg of the month. Good for your heart, bakeable, boilable, roastable, juiceable, colourful, good for your sex life (they say) and tasty and cheap. What more could you want in January.. This week and last your **tatties** are mashers. Next week they will be **waxy Nicola** and paired with **Jerusalem artichokes**, another traditional January veg. Also **sweet potatoes** and **tomatoes** to highlight what else is good. Our Isle of Wight English **tomatoes** are off menu till March now but **tomatoes** are still on offer as an extra, as are little **avocados** and we've added **sweet potatoes** which are at their cheapest right now.

The big news is the advent of Seville Oranges and Bergamot Lemons for all you Marmalade makers

So this months extras list is:

- Small Hass avocados** 4 for £2 ridiculous value
- Sweet Potatoes** £3 / kg
- Cherry Tomatoes** £1.50 / 250g
- Baking Potatoes** £3.00 / 2.5kg

- Ruby Grapefruit** £2.50 / 3 large
- Blood Oranges** £2.50 / kg
- Large Oranges** £ 2.80 / kg
- Seville Oranges** £ 3.00 / kg
- Bergamot Lemons** £ 3.20 / kg
- Clementines** £ 3.00 / kg

All that Vit C!



We welcome lots of new customers and make our pledge to you as to those who have been with us for 15 years or more to do our best to bring you the best and most interesting Organic Veg at competitive prices over the coming year.

Yotam Ottolenghi - Pink grapefruit and sumac salad (V)

Source: <http://www.guardian.co.uk/lifeandstyle/2013/jan/04/warm-chicken-salad-recipe-ottolenghi>

Serves four.

6 pink or red grapefruits
2 tbsp caster sugar
1 small dried red chilli (use less if it is very hot)
4 tbsp olive oil
1½ tbsp lemon juice
1 tbsp sumac
½ red onion, peeled and very thinly sliced
2-3 small red chicory, separated, and large leaves cut in half on an angle
80g watercress
20g basil leaves
Salt

Top and tail five grapefruits so they'll stand on a board. Cut down the side of each grapefruit, following its natural lines, to remove the skin and white pith. Over a bowl to catch the juices, cut in between the membranes to separate the individual segments. Dry the segments on kitchen paper and squeeze any juice from the skin and membranes into a saucepan.

Squeeze enough juice from the last grapefruit to make the juice in the pan up to 300ml. Add the sugar and chilli, bring to a boil, lower the heat and simmer until the sauce thickens and you have about five tablespoons-worth of juice left – this could take up to 20 minutes. Set aside to cool down, then whisk in the oil, lemon juice, sumac and a quarter-teaspoon of salt.

In a large bowl, put the grapefruit segments, onion, chicory, watercress and basil. Pour over three-quarters of the dressing and toss gently. (If it seems dry, add all the dressing; otherwise, save it in the fridge for another leafy salad.) Serve at once.

- Yotam Ottolenghi is chef/patron of Ottolenghi and Nopi in London.