

One month since I wrote the last Vegnote and it could not be more different.

In fact we've had a month of sun and are now overflowing with **lettuce, broad beans, salad, courgettes** et al. **Tatties** are still a little small and so we are on Cornish for at least another week. The sun has also brought a good crop of WWoofers who are surprised to find themselves working in the sun all day.

What the sun has most conspicuously done is ripen the **berries** so here at last is a list of soft fruit for the time being.

For those of you new to these seasonal rituals If you specify fruit we continue to give you apples pears and bananas with maybe nectarines or melons etc but soft fruit is usually an add on because it would distort your fruit bag pricewise and some like a little and some a lot.....!



They will arrive in a cardboard tray rather than a bag and should have fewer bruises. This worked last year and they are reasonably cost effective if you return them for reuse please!

Phantassie:

Phantassie Raspberries

Old Fashioned	150g	£2.20
Tullameen	150g	£2.20
Blackcurrants	150g	£2.20
Redcurrants (on strig)	175g	£2.20
Whitecurrants (on strig)	175g	£2.20
Dessert Red Gooseberries	200g	£2.50

East Lothian – Not Organic

Green Gooseberries (Non Organic)	300g	£2.20
Raspberries (Not Organic)	200g	£2.50

Perthshire – Not Organic

Raspberries (Unsprayed)	250g	£3.50
Strawberries (Unsprayed)	500g	£3.50

English - Organic

Strawberries (outdoor)	220g	£2.50
Cherries, Herefordshire or Kent	250g	£2.20



Not everything will be available simultaneously so please specify second choices.

There is also a new Extras list with changes of jam and herbs .. lots of basil and coriander, lots of new cheese and guacamole and pesto. All Organic.

From now on it pretty much goes without saying that all your veg will be UK .. large onions still an exception.

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Pork, Baby Fennel and Broad Beans in Cider from Ed Murray of www.gardenerscottage.co

To Serve 6-8

Loin or shoulder of pork, boned and rolled, approximately 2kg
6 bulbs of baby fennel
500ml good cider
1 onion, finely chopped
600gm shelled broad beans
a handful of summer savoury, chopped
salt, pepper and oil

Pre-heat oven to 180C

Rub the pork with a salt, pepper and a little oil

In a heavy oven proof pot large enough to fit the pork heat a spoonful of oil until its smoking hot. Brown the pork on all sides, remove and set to one side.

Reduce to a medium heat and add the onions, cook until soft and brown. Add the fennel and cook for a few minutes until starting to brown. Place the pork back in the pot, skin side up. Cover the dish, and cook in the oven for 1.5 to 2 hours.

While the pork is cooking cook the beans for a few minutes in boiling salted water and set to one side.

Remove the pork and fennel bulbs from the pot and set to one side somewhere warm for 10 minutes to rest. Add the beans and savoury to the cider and adjust the seasoning to taste.

Fennel with Butter

3 medium sized bulbs of fennel
25g/1oz butter
1 small onion
parmesan

Trim the top shoots of the fennel and peel the outer sheaths with a potato peeler (if they are white and young, this is not necessary). Trim the base and cut the fennel first in half and then each half into three or four. Wash the segments well and cook them in boiling salted water (with a small piece of lemon to keep the colour) for ten minutes until just cooked.

Meanwhile the butter in a casserole and add the onion, finely chopped.

Strain the cooked fennel, drain well and toss in the butter. Sprinkle with grated parmesan and serve in the casserole.