



Unit A2 New Covent Garden Market London

020 3617 3300
www.yeschef.biz

Newsletter April 2017



APRIL

Summer is just around the corner and there's something in the air that is only brought by sunny mornings and long drawn out evenings. The market is buzzing with spring produce as palates move from the comfort foods to the freshness of the season.

BANK HOLIDAY OPENING TIMES

- Closed Good Friday (14th April)
- Open Saturday (15th April)
- Closed Easter Monday (17th April)
- Closed Bank Holiday (May 1st)



Dandelion Greens

In This Edition

1. Six of the best

A selection of some of the best vegetables this autumn.

2. What's Up Doc?

Dr. Mariana Williams gives us the low down on what produce is REALLY healthy and why.

3. Feaster Sunday

Food and festivities at Easter

4. Colour me Asparagus

Colourful Asparagus for the spring and summer

5. Yorkshire Gold

A brief rundown of the history of forced rhubarb.

6. Cool as a... & Gorgeous George

Or cucumber growers and information on our Patron Saint

7. Great British Green Off

Some beautiful produce from our very own UK

8. Nurtured in Norfolk

Introducing our wonderful source of all things micro like flowers, herbs and vegetables.

9. Rooting for You

Root vegetables at their best this season.

10. Magic Mushrooms

A magical tour of the best mushrooms of the season

11. Out of the Ground

A classic rundown of our heritage potatoes and chips.

12. Store cupboard

A rundown of our dry-store produce and a few treats too.



SIX of the BEST

Late spring to early summer is green garlic season. But if you're not looking, you might miss it.



new season
garlic



Heirlooms are generally considered to be a variety that has been passed down, through several generations of a family because of it's valued characteristics.



Heritage
tomatoes



St. George
mushrooms



Considered to be the French equivalent to Royal Sovereign on account of its pleasing fragrance and sugar-sweet flavour. The elongated fruits are a brilliant vermilion-red.



gariguette
strawberries

Coming from Holland, these teeny tiny tomatoes which pack the same sweet punch as their big brothers. Brilliant for salads, like jewels on the plate.



red & yellow
tomatoes

From South Africa, these beautiful pears have a soft pink glowing skin and a sweet flavour to match, perfect for a fresh summer dessert



blush pears



Calocybe gambosa, commonly known as St. George's mushroom, is an edible mushroom that grows mainly in fields. Earthy and deep in flavour.

Every month Dr. Mariana Williams, A&E doctor at Queen Alexandra Hospital- Portsmouth, gives us the nutritional low down on our fresh produce, based on the REAL scientific and medical evidence out there.

what's up DOC?



DANDELION results show that treatment with dandelion root and leaf positively changed plasma antioxidant enzyme activities and lipid profiles in cholesterol-fed rabbits, and thus may have antioxidant effects. Dandelion root and leaf could protect against oxidative stress linked atherosclerosis and decrease the atherogenic index.

Choi U-K, Lee O-H, Yim JH, et al. Hypolipidemic and Antioxidant Effects of Dandelion (*Taraxacum officinale*) Root and Leaf on Cholesterol-Fed Rabbits. *International Journal of Molecular Sciences*. 2010;11(1):67-78.



CUCUMBER It has potential antidiabetic, lipid lowering and antioxidant activity. Cucumber has a cleansing action within the body by removing accumulated pockets of old waste materials and chemical toxins. Fresh fruit juice is used for nourishing the skin.

Mukherjee PK, Nema NK, Maity N, Sarkar BK. Phytochemical and therapeutic potential of cucumber. *Fitoterapia*. 2013 Jan;84:227-3



MORELS Cellular damage has been implicated in several diseases and antioxidants are known to protect the body from this damage. Investigation showed that the morel mushrooms are an excellent source of antioxidants. Findings suggest the potential therapeutic use of morel mushroom, as an efficient antioxidant.

Nitha B, De S, Adhikari SK, Devasagayam TP, Janardhanan KK. Evaluation of free radical scavenging activity of morel mushroom, *Morchella esculenta mycelia*: a potential source of therapeutically useful antioxidants.



RHUBARB Stalk fibre from rhubarb is effective in lowering serum cholesterol concentrations, especially LDL cholesterol, in hypercholesterolemic men. These results signify the potential use of underutilized rhubarb crop.

Goel V, Ooraikul B, Basu TK. Cholesterol lowering effects of rhubarb stalk fibre in hypercholesterolemic men. *J Am Coll Nutr*. 1997 Dec;16(6):600-604.



ASPARAGUS has also long been used as a herbal medicine for the treatment of several diseases. Its generally regarded as a supplement for the alleviation of alcohol hangover. results provide biochemical evidence of the alleviation of alcohol hangover and the protection of liver cells against toxic insults.

Kim BY, Cui ZG, Lee SR, Kim SJ, Kang HK, Lee YK, Park DB. Effects of *Asparagus officinalis* extracts on liver cell toxicity and ethanol metabolism. *J Food Sci*. 2009 Sep;74(7):H204-8.

Yes Chef



Feaster Sunday

History of food and festivities at Easter

Easter is a time of year that is deeply connected with food traditions. We eat very specific foods only at this time of year - but have you ever wondered why?

Perhaps the most popular food associated with Easter, boiled eggs are commonly more of a decorative feature, but it is customary to have a hard (or if you prefer it soft) boiled egg for breakfast on the Easter weekend. A long-standing symbol of fertility and new life, eggs represent the tomb in which Jesus was buried after his crucifixion. It was thought to be empty, but he was brought back to life - symbolised by the egg's ability to give life to chicks.



boiled eggs



hot cross buns

The cross on top of these fruit buns is a symbol of the crucifixion - which is why they are traditionally eaten on Good Friday. In Tudor times it's thought that fruit buns were limited to treats for special occasions - such as Easter - which is why this has become a common base for the cross, which is made with a simple flour and water mixture.

There is some debate about the origins of the Simnel cake. The traditional cake is made with a layer of marzipan in the middle and on top and has 11 marzipan balls to represent the apostles - with Judas left out because of his naughtiness.



simnel cake

Chocolate Easter eggs are now one of the most common symbols of Easter. First created in the 19th century, the real developments in the creation of chocolate eggs came with the experiments made by the Cadbury Brothers in the 1870s.



chocolate eggs



carrots

This one is quite obvious when you think of the Easter bunny, but carrots are also very closely associated with the Easter period. From leaving out carrots for the Easter bunny to baking cakes with carrots on top, they're also a great seasonal side for your roast lamb.





Go beyond the green...

The 2017 British asparagus season is back again and in no time at all this buttery spears of spring deliciousness will be adorning the plates of your lucky diners.

We love the purple and white variety as well as the traditional green. They look beautiful on the plate and really add an extra something to the plate

Growing British asparagus is a labour of love. Each spear is harvested by hand when it reaches just the right height. A cool, crisp spring, not too wet, not too dry means that we should be on course for a great crop.

Our fantastic asparagus growers are behind the delicious spears we've come to expect.

The young shoots of the asparagus plant are cooked and eaten and when the harvesting season is over the asparagus shoots are left to grow into "ferns". Planted as a crown, the Asparagus take two years to establish, but once in production, the asparagus crowns can be productive for ten years or more.

While French asparagus is purple, the British and American varieties are green. In contrast, Spanish and much Dutch asparagus is white, as it's grown beneath the soil and cut just as the tips emerge.





The Rhubarb Triangle or "Golden Triangle" as its known, is a 9 square mile triangle in West Yorkshire between Wakefield, Morley and Rothwell famous for producing early forced rhubarb.

The Rhubarb Triangle was originally much bigger, covering an area between Leeds, Bradford and Wakefield. From the first decade of the 20th century to 1939 the rhubarb industry expanded and at its peak covered an area of about 30 square miles.

Rhubarb is a native of Siberia and thrives in the wet cold winters in Yorkshire. West Yorkshire once produced 90% of the world's winter forced rhubarb from the forcing sheds that were common across the fields



Forced rhubarb grown in the sheds is more tender than that grown outdoors in summer. Without daylight the rhubarb leaves are an anaemic green-yellow, and the stalks, measuring around two feet are smooth

textured and crimson. Traditionally the pickers pull the stalks in candlelight as any exposure to strong light will stop the growth.

They are at their best at this time of the year, not to be missed.

NOW SWITCHED TO
OUTDOOR VARIETY



Our cucumbers at Goff's Oak are doing brilliantly. We had great feedback from customers last season.

They are looking great at the moment. Our dedicated growing areas mean we get the best product for the best prices.

We'll keep you posted!



Very little is known about George's life that is not myth and legend.

He is believed to have been born in Palestine in the 3rd Century AD to Christian parents and is also the patron saint of many other places around the world. St George is thought to have first lived in Lydda, near modern day Tel Aviv.

He was a soldier in the Roman Army like his father and quickly rose up the ranks. He was later tortured and a number of medieval tales detail the awful punishments he was said to have endured - including being boiled and crushed between spiked wheels - because he refused to give up his Christian faith.

Other things St George is the patron saint of include farmers and other agricultural workers, butchers, horses, horseriders and saddlemakers, and also soldiers. He was also later made patron saint of Scouting because of his ideals.





This is the time of year we all love beautiful British produce has already begun to appear. English asparagus- green, purple and white readily available, looks stunning tastes great and can't be beaten (see page 4).

Our cucumbers are now coming from 29.3 miles away from Central London, from our good friend Frank a third generation Italian who we now have been working with for three years (see page 6).

Our aubergines, peppers, courgettes and tomatoes will be starting any time soon. They are cut for us on the afternoon delivered into your kitchen on the same morning- they're that fresh.

Information on the names of all our growers are available if you contact Paul or Martin.

ENJOY A GREAT BRITISH SEASON





Nurtured In Norfolk are specialist growers of edible flowers and leaves as well as micro shoots and vegetables. Used by chefs around the country including Michelin starred chefs in some of the UK's most famous restaurants. Nurtured in Norfolk believes in delivering the highest quality and consistency in their products.

Micro Veg

Baby Fennel
Baby Leek
Micro Carrots
Micro Leeks
Micro Onions
Micro Turnips
Micro Rainbow Carrots
Baby Courgettes
Baby Aubergines
Cucamelons
Baby Beetroot
and many more...

Edible Flowers

Amaranth Flowers
Apple Blossom
Blackcurrant Sage
Borage Flowers
Butterfly Sorrel
Buzz Buttons
Calendula
Nasturtium Flowers
Impatiens
Lavender Flowers
and many more..

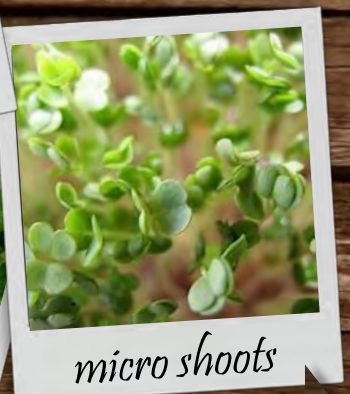
Edible Leaves

Apple Mint
Aztec Mint
Banana Mint
Bronze Fennel
Ice Plant
Large Nasturtium Leaves
Lavender Mint
Salicornia
Sea Beet
Sea Purslane
Strawberry Mint
Wild Garlic
Wormwood
and many more..



Micro Shoots

Golden Pea Shoots
Salad Pea Shoots
Sunflower Shoots
Tendrill Pea Shoots
Golden Pea Shoots
Salad Pea Shoots
Sunflower Shoots
Tendrill Pea Shoots
and many more...



Next Page:
Magic Mushrooms

Rooting for You

All root vegetables are of excellent quality at the moment. This time of year is excellent for making healthy hearty soups or matching with meats and fish.

FE

Excellent young fresh Italian bulbs at the moment are best. Wonderful in soups and popular in Brazilian fish stews too. Fresh, aniseedy flavour also great in winter salads.



CABBA

Available in white and red as well. Lovely choices at the moment looking bright with crisp leaves. We are spoiled with variety this time of year, and recipes are infinite.



JANUARY

One of the most splendid of winter cabbages with a tinge of reddish purple crowning its leaves. Its name really does do it justice; always a beauty on the plate.



SAVOY

Dark-green winter cabbage with attractive, crinkled and blistered leaves and a robust flavour and texture. It is exceptionally good for use in cooked dishes. Particularly loved by the French.



SWISS

Swiss chard is not only one of the most popular vegetables along the Mediterranean but it is one of the most nutritious vegetables around and ranks second only to spinach.



TENDERSTEM

Coming from Kenya, distinctive flavour and a texture more akin to asparagus than traditional broccoli and it's deliciously succulent. With no wastage so you can eat the whole vegetable.



HISBI

These pointed, crunchy, sweet-tasting cabbages are in season from late May to November. They are beautiful with pork dishes, and are sometimes known as sweet-heart cabbages.



CAULI

Cauliflower is incredibly versatile - from curries, to soups to the comforting cauliflower cheese. Beautiful snowy white florets on the market at the moment.



ROMANESC

One of the more unusual vegetables we've come across, Romanesco appears to be part psychedelic broccoli, part alien life form. Beautiful al dente, tossed lightly and served.



Magic Mushrooms

A magical mystery tour through all the delicious 'fruits of the forest floor'

Also known as Boletus edulis mushroom (called 'porcino' in Italian). The same mushroom is called the 'penny bun' in English. This mushroom is generally agreed by connoisseurs to be among the finest eating mushrooms.



Ceps



Girolle

Ranging from lilac to purple-pink. Usually they have purplish tones on the stem and gills. Mature specimens have a darker colour and flatter cap. The Pied Blue taste good when it is used in game dishes.



Pied de Bleu

Also known as a Chanterelle, it is probably the best known species of mushroom. A beautiful sunset yellow with a meaty taste. It has a smooth cap and gill-like ridges that run almost all the way down its stipe.



Morels

Morels are sought by thousands of enthusiasts every spring for their supreme taste and the thrill of the hunt, and are highly prized by gourmet cooks, particularly in French cuisine.

St. George's mushroom, is an edible mushroom that grows mainly in fields, grass verges and roadsides. Deriving its common name from when it first appears in the UK, namely on St George's Day.

PICK



St George's

Mousseron mushrooms are a light-beige to cinnamon brown in colour. Flat to bell-shaped caps, no more than an inch across, sit upon thin stems. The stems can often be tough, but they are edible; the caps are often harvested on their own.



Mousseron

A common woodland mushroom, so named because it grows in the shape of a long horn or funnel. It is also known as 'black trumpet' and 'trompette de la mort' (literally 'trumpet of death').



Trompette
(de la mort)



OUT of the Ground

Please state when ordering whether you need the potatoes for shipping or mashing, we can guide you to the best for your needs.



Chippies

Chippies Choice potatoes are available in 25kg sacks, and were the **first** chipping potatoes to give storage, preparation and frying instructions in **six languages**, allowing best practices to be observed in restaurants of different nationalities.

Possibly the best specialist chipping potato brand in the UK, our exclusive Chippies Choice potatoes are a firm favourite of the fish and chip shop trade. Guaranteeing a light, golden, fluffy but firm textured chip, Chippies Choice ensures consistent production of the perfect chip. To achieve this, potatoes are always selected using strict variety, dry matter and fry colour criteria.



Vitelotte

Available washed in 5 or 10kg boxes and in 1kg nets.

This white root is the cream of the winter crop. It's a ubiquitous part of a Sunday roast or a Christmas dinner but also over the years has been a part of the sweet course. Cakes, creams and even ice-creams have used this surprising little root to great effect.



Pink Fir Apple

Available washed in 5 or 10kg boxes and in 1kg nets.

A very old variety dating back to 1850 which has made an astonishing comeback in recent years. This variety is a long potato pink in colour with a butter yellow middle. It is suitable for boiling, steaming or roasting whole.



Roosters

Albert Bartlett
Red Roosters

The appearance of Rooster potatoes makes them stand out from the crowd- the deep red skin and beautifully shallow eyes. And they taste as good as they look. They are in high demand as Britain's favourite brand!



Jazzy

Available washed in 5 or 10kg boxes and in 1kg nets.

Jazzy is the all new small potato. It's a waxy, set-skinned potato which is great value, versatile and good looking. Jazzy is grown in Britain, by a group of 5 friendly farmers who are based in Cornwall, Norfolk and Lancashire.



Red King Edwards

Available in 25kg sacks washed or unwashed

This is a rare version of the King Edward and is oval in shape with red skin and a white flush. It has a floury texture suitable with the same cooking properties as a King Edward so good for roasting, chipping and mashing.

Next Page:
Store Cupboard



Tinned Olives



Sun-Dried Tomatoes in Oil



Quails Eggs



Saffron 10g packs



Dairy



Vanilla Pods



Truffle Oil



Sun-Blushed Artichoke



Olive Oils



Snails

These are a very special edition to our store cupboard. Delivered live via DHL. Beautiful, traditional and fabulously French



Vinegars

We have a range of great vinegars, sherry, white and balsamic to name but a few.

Eleusi Oil comes from a family run farm on the South tip of Italy. The farm's operations began in the 1960s when Giuseppe Giovazzini planted the first 150 olive trees. The main business was local olive oil cultivation, production and marketing. During the 1980s, Giuseppe's son, Pietro, increased