



Unit A2 New Covent Garden Market London

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www.yeschef.biz

Newsletter August 2017



August

August

Summer Bank Holiday
28th August

What's Hot/What's Not

HOT → English Apples will be in full swing next month.

HOT → Greengages, Black Figs, Mirabelle Plums, Discovery Apples, Cob Nuts...see the next page

NOT → Jersey Mids will be in short supply due to canning companies buying them all up... rude.

NOT → Nashi Pears will not be available for 3-4 weeks...sorry about that.

NOT → Jerusalem Artichoke haven't been available but should start in September

In This Edition

1. Six of the Best

A selection of some of the best vegetables this autumn.

2. Mello Yello

6 of the best: take 2- the best of summer so far (but yellow!)

3. English Salad Days & You Say Tomato

Salad items from our green and pleasant land & fresh off the vine

4. Its no yolks!

News from Blackdown Hills Egg Farm

5. Time to Get Stoned & a bit of bitter

Stone fruit for the season, and the latest news on citrus fruit

6. Cool as a... & Berry Interesting

Or cucumber growers and tiny tasty berries.

7. High Five & Gooseberry Fool

Some info on Fiveways Farm & gooseberries this season

8. Nurtured in Norfolk & Epping Elderberries

Introducing our wonderful source of all things micro like flowers, herbs and vegetables. Epic elderberries foraged just for you.

9. Magic Mushrooms

A magical tour of the best mushrooms of the season

10. Out of the Ground

A classic rundown of our heritage potatoes and chips.

11. Store cupboard

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



SIX of the BEST

Directly from our farms in Godalming, Surrey. These delicious kernels are filled with British sunshine. Great to find a farm that supplies us Directly.

Greengages are a sweet and juicy type of dessert plum that range in colour from yellow to dark-green, and can be speckled with burgundy.



greengage



mirabelle
plums

They are known for being sweet and full of flavour. The fruit is primarily used in fruit preserves and dessert pies, and its juice is commonly fermented for wine or distilled into plum brandy.



Fresh figs are delicately sweet and jammy. The skin is edible so they make a great snack. They are also a versatile ingredient in sweet and savoury dishes.



black figs



black & white
currents



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Quintessentially British, runner beans are one of the easiest of all vegetables to grow. To many people, summer is incomplete without them.



runner beans



Corn on
the cob



Tart, rich and luxurious, red, white or black - who can fail to be swept away by the currant at this time of year?



Just as sweet and crunchy as their green cousins but in a sunshine yellow colour which looks beautiful on salads. The best are coming from France.



Honeydew melon makes a refreshing treat on a hot summer day, but it's also a low-calorie and healthy choice any time you need to feed a craving for sweets.



Nothing says summer BBQ as well as corn on the cob. Delicious kernels of sweetness and sunshine. And with these coming from the UK, you know they're home grown and fresh.



These are tiny packages of summer. That beautiful fragrant but tart flavour but with a sunset yellow glow that looks great as a sorbet.



Used a lot more in "clean Eating" cauliflower has increased in popularity over the years. Perfect for all occasions.



As deliciously tart as they are refreshing. These are great for cleansing the palate as well as part of a fresh dessert. Coming from Cyprus.



Yes Chef



English Salad Days
the best fresh salad items



lollo rosso



lollo



oakleaf



cos



baby spinach



mixed salad



iceberg



little gem



cucumbers



heritage



peppers



red little gem



tomatoes

you say tomato

beautiful ripe tomatoes from our own island..

5 things you (probably) didn't know about tomatoes

- 1) Tomatoes originally came from Peru, where their Aztec name translated to plump thing with a navel.
- 2) The scientific name for tomato is *Lycopersicon lycopersicum* meaning wolf peach.
- 3) People used to be afraid to eat tomatoes, thinking them poisonous due to their relation to the belladonna or (deadly nightshade) plant.
- 4) Tomatoes increase in weight as they ripen, even after harvesting.
- 5) Tomatoes are the richest source of lycopene which is important for the health of the prostate gland in men.

Red, orange, yellow and green tomatoes on the vine are superb at the Moment and don't forget that we do the same colour range in cherry toms on the vine too. Little but still gorgeous.



torino



heritage



cherries



bulls heart



yellow and orange



Blackdown Hills is a family run farm and egg packing business in the Blackdown Hills, Somerset, providing Westcountry Free Range Eggs to the UK Retail, Food Service and Wholesale sectors.

At the heart of their business is the welfare of their hens, and during daylight hours they're free to forage and roam amongst acres of beautiful woodland, fed only on the most nutritious diet.

But what really sets them apart, is our ability to collect, pack and deliver eggs directly from our farm, guaranteeing genuinely fresh, local and tasty Free Range Eggs.

HAPPIER, HEALTHIER HENS

Spending more time outside foraging makes for happier, healthier hens that produce better quality eggs, so they encourage our hens to roam free in a stimulating environment.

They have worked closely with FWAG (Farming & Wildlife Advisory Groups.

They allow our hens to follow their natural 'jungle fowl' instinct to shelter under tree canopies. To help, they've planted large areas of native woodland trees close to the hen houses, including oak, ash and hazel. In daylight, they really are free to roam.

Inside their houses, the hens enjoy spacious, clean and comfortable resting areas.

For their quality of life, and for tastier eggs, they feed their hens top-quality natural feed, but they also have access to grass, grubs and grit to aid their digestion.



Yes Chef



Time to get stoned
(again)

Best of the seasons stone fruit



Apricots



Flat Mountain
Peaches



Peaches &
Nectarines

here & Now

We've been waiting for stone fruits to arrive and they haven't disappointed us at all!

Flat Mountain Peaches (or Saturn Peaches) are now here and they really are delicious. Juicy and sweet, in that "eat them over a sink" kind of way...

Think sweet juicy desserts, or tart and smooth with meats or even as part of a cocktail, so versatile and so summer!

a bit of bitter
news

Oranges. Unfortunately the Spanish crop has ended so we will be looking to the Southern Hemisphere shortly.

Lemons. At moment we are looking to South Africa and Uruguay because there have been serious quality issues with the Spanish crops.

Limes. Prices are due to skyrocket as the Brazilian crop are finishing. We'll be looking to Mexico soon.

last month for the
best stone fruit



Cool as a...

Yes Chef at Goffs Oak for the first of specially grown cucumbers

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!



berry interesting

Fun, sassy mini berries



bubbleberries

Also known as the musk strawberries they have notes of pineapple and raspberry a combination that tastes like good ole' American bubblegum.



yellowberries

A magical cross between a raspberry and a strawberry brings the best tastes of summertime and a very pretty appearance to the pudding menu.



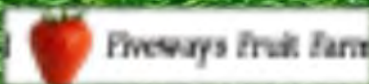
strawberries

These are the same variety as the above pineberries, with the same delicious pineapple flavour but with a gorgeous sunset yellow colour.

Juicy and sweet with a highly aromatic smell, more akin to a pineapple, that inspired the name. Beautiful snow white berries really stand out.



pineberries



A bit of History...

What is more evocative of a British summer than strawberries and cream? Just when that happened is anyone's guess. The earliest mention of the luscious fruit was in Roman times around 200BC. There are many mentions of strawberries in medieval Great Britain when newly weds enjoyed strawberries, borage and soured cream for their wedding breakfast believing them to be an aphrodisiac.

The best strawberries and raspberries that we've got our hands on have come from Fiveway Fruit Farm in Colchester. Julian Mead runs a family farm with his brother and wife that has been growing fruit since before the Second World War.

They pick their strawberries when they are fully red to ensure the best flavour. Pickers only select the ripest fruit, and picking is done in the early morning to ensure the berries are cool, which means they hold onto their flavour for longer.

Different varieties are used in different soils to extend the season so we can look forward to Fiveway's delicious soft fruit until November.

Danny Murphy and Martin Wheeler visited the farm themselves to get a first hand view of the produce that Fiveways offer. Below are some pictures of the visit.



Danny with raspberry crop



British Strawberries



Ripe Raspberries



Growing Tunnels



Busy Bee

gooseberry fool

some history on UK's oldest berry...



red

The gooseberry is a funny thing. often hairy and a little tart, it has fallen out of favour in recent years, as homely cooks favour brighter crumble contenders, such as raspberries and blackcurrants. This is a shame. With a little love and imagination gooseberries can make delicious additions to both sweet and savoury dishes. The Leveller is the green variety, and the ruby red is often called Fayberry.



levellers

THE DEATH OF THE BRITISH GOOSEBERRY

The British gooseberry is in danger of disappearing from UK grocers for good, it has emerged, as demand for the soft fruit reaches its lowest level ever. The green fruit, which had its heyday in the early 1900s, is now grown by just a handful of UK farms, down from more than 100 in 1990. Over the past two decades, farmers have invested heavily in extending the season for popular soft fruits, such as the strawberry. In addition, mainstream berries are imported from all over the world to ensure a year-round supply. "These has been no investment in gooseberries," said Mr Taylor. "Their season is extremely short: they're here and gone in the space of a month." There are just three weeks remaining of the current gooseberry season. There are two kinds of gooseberries: the tart, cooking variety typically used for crumbles, and the sweet, dessert gooseberry, which can be eaten raw.



edible flowers

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

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...



micro veg

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...

Edible Leaves

Apple Mint
Aztec Mint
Banana Mint
Bronze Fennel
Ice Plant
Large Nasturtium Leaves
Lavender Mint
Salicornia
Sea Beet
Sea Purslane
Strawberry Mint



micro shoots

EPIC EPPING ELDERBERRIES

The Forest covers 6000 acres stretching from Manor park to the north of Epping in the North East of London. Epping Forest is one of the largest open spaces in the city and boasts an array of wild, forageable produce. Elderberries grow in abundance here. These start as tiny white flowers, blooming in June and July and then develop into little dark berry clusters in later summer. Primarily used to flavour different syrups, wines and cordials. Elderberries in particular are known for their massive amounts of Vitamin C, and are still used as a primary defence against colds in a lot of European countries.

Danny and Paul live on the doorstep of Epping forest and are able to forage for some of the berries themselves.

Magic Mushrooms

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



Scottish Girolle



Pied de Bleu

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.



Ceps

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.

We are expecting some European wild mushrooms in soon, we'll keep you updated on them, feel free to call the office for information.



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.



Pied de Mouton

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

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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)

Yes Chef



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!



Jersey Mids

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

Jersey Mids are available hopefully through July unless the canning companies buy up all the fields when they go cheap.

Charlotte and Ratte are also excellent for a choice of salad potatoes.



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.



Store Cupboard

A rundown of what we have in our dry store to compliment your fresh produce



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.

Special Offer on Olive Oil this month
Please call the office for information

