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Newsletter February 2017



*Happy
Valentine's
Day*

We love February here at Yes Chef, it's a month full of foody goodness. With Valentines Day and Shrove Tuesday being the main celebrations this month.

See page 3 or the history of these days and how fruit and veg play a part in them. Including the history of aphrodisiacs!

Another celebration we are very proud of is that Yes Chef is 3 years old on February 10th!



A big thank you to all our customers for making it such a successful few years.

Unfortunately there are still issues with products from Spain due to the terrible rains earlier in the year, see the next page for details.

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Some examples of what we offer for dry produce

**IMPORTANT INFORMATION
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the rain
in Spain...

Flooding over the last few weeks has caused havoc with Spanish greens



Over the weekend of Friday 16th - Monday 19th December, up to 230mm of rain fell across the entire winter lettuce production area in Spain. This volume of rainfall equates to the average rainfall in London for 6 months.

Consequently fields and production sites were flooded preventing harvest for the peak demand of Christmas. January is still feeling the after effects of the unprecedented rain fall, with shortages of both lettuce and spinach.

Consequently prices are high at present for these crops.

HEADLINE NEWS



Supermarkets to fly in emergency salad from US after Spanish floods

Heavy rains in southern Spain have hit supplies of leafy salads, celery and broccoli with shortage set to last into new year



LEAF IT OUT!

Salad shortages across the UK could jeopardise New Year health kicks

Damaged crops in Spain could cause salad shortages across the UK in 2017, hampering New Year's resolutions to eat healthier



We are currently bringing Iceberg lettuce from the US (thanks Trump!)...for those of you old enough to remember The Jolly Green Giant, we are using the same

MailOnline

The torrential rain in Spain poses a threat to our salads after fields of leaves, tomatoes and cucumbers are left swamped

- Murcia region has seen the heaviest rainfall for 30years.
- Rainfall has damaged salad leaves, broccoli, tomatoes, peppers, cucumber and citrus crops in the region.
- Area provides about 80% of Europe's fresh produce during the winter months.

What would Popeye think? Stores in Britain are running out of spinach thanks to heavy rains in Spain



- Britain relies on Spain for 80 per cent of its spinach supply during winter
- Spinach is popular with people looking to kick-start their New Year regime
- Heavy rains in Spain's spinach region have wiped out much of the supply
- Suppliers fear there could be shortages for the next three weeks at least

STILL NO CHANGE



SIX of the BEST

With its distinctive pink hue the 'Pink Kiss' apple variety has a crisp, tart flavour and has been a great commercial success since its development by John Cripps in Western Australia in the 1970s.

Chicory can be eaten raw or cooked and comes in red and white varieties. Although called chicory in the UK, it endive in the US.

Pink Kiss



red
chicory



Yes Chef



Pink radish



Among the most popular varieties are the small, cherry-sized common variety which has a red skin and white flesh (the French Breakfast radish is a variation on this type, and has an elongated shape with a deep pink skin that fades to white at the roots).

Who knew there was a plant with a flower like an explosion of flame, which produces a beautiful but short-lived fruit with the appearance of a brilliant pink rosebud? This is the pitaya - dragon fruit - indigenous to Central America

dragon
fruit



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rhubarb



Grows in two crops. The first, which arrives early in the year, is forced, grown under pots, particularly in what's known as the 'rhubarb triangle' around Leeds, Wakefield and Bradford.

Pink
radicchio



Radicchio is a cultivated form of leaf chicory, sometimes known as Italian chicory, and is a perennial. It is grown as a leaf vegetable which usually has white-veined red leaves.

They look like a feel-good food!... but they also contain bromelain, an enzyme which doctors says triggers testosterone production, and the fruit's potassium and vitamin B elevate energy levels.

bananas

Love Actually

Romantic food from around the world for Valentine's Day

Have an exotic reputation and a bright red colour, which could be why it's considered an aphrodisiac and a symbol of love. They stimulate endorphins, speed up heart rate and make you sweat, which all mimic how you feel when you're aroused

chilli peppers

avocado

It could be the sensuous pear shape, or the rich flavour of the fruit that gave avocado its aphrodisiac reputation as far back as the Aztecs. And while the jury is still out on just how lustful avocados are

pine nuts

High in energizing zinc, which has been linked to a healthy sex drive, pine nuts are also considered aphrodisiacs because of the effort required to procure these oily gems from pine cones

rocket

Documented as an aphrodisiac since the first century A.D. The minerals and antioxidants found in dark leafy greens like arugula have also been proven to block environmental contaminants that can negatively harm libido

ITS LOVE

ITS LOVE

KISS ME

ITS LOVE

KISS ME

History of Pancake Day

Whether you know it as Shrove Tuesday or Pancake Day, 17 February is the day to gorge on one of the most fattening of breakfast treats.

Commemorating the eve of Lent (40 days and nights of fasting and prayers before Easter), it is a day where one confesses one's sins and asks God for absolution.

The word Shrove comes from the Old English word Shrive – to confess one's sins. The first day of Lent is Ash Wednesday, which is marked in the Western Christian Church by services of penitence.

The history of Valentine's Day is obscure, and further clouded by various fanciful legends. The holiday's roots are in the ancient Roman festival of Lupercalia, a fertility celebration commemorated annually on February 15. Pope Gelasius I recast this pagan festival as a Christian feast day circa 496, declaring February 14 to be St. Valentine's Day.

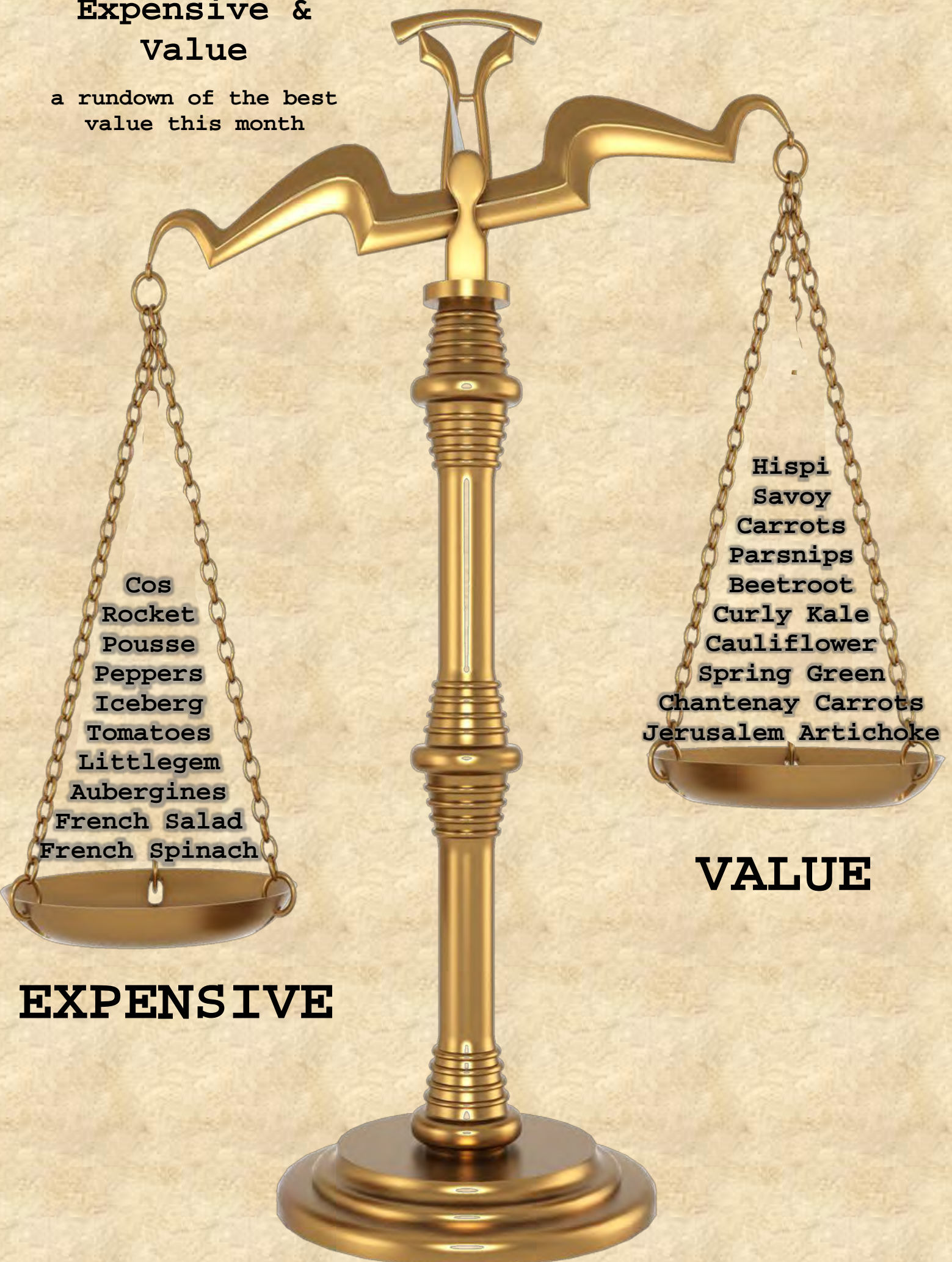
History on Valentine's Day

Which St. Valentine the early pope intended to honour remains a mystery: according to the Catholic Encyclopedia, there were at least three early Christian saints by that name. One was a priest in Rome, another a bishop in Terni, and of a third St. Valentine almost nothing is known except that he met his end in Africa. Rather astonishingly, all three Valentines were said to have been martyred on Feb. 14.

It was not until the 14th century that this Christian feast day became definitively associated with love. It was Chaucer who first linked St. Valentine's Day with romance.

Expensive & Value

a rundown of the best
value this month



Cos
Rocket
Pousse
Peppers
Iceberg
Tomatoes
Littlegem
Aubergines
French Salad
French Spinach

EXPENSIVE

Hispi
Savoy
Carrots
Parsnips
Beetroot
Curly Kale
Cauliflower
Spring Green
Chantenay Carrots
Jerusalem Artichoke

VALUE

Yes Chef



How d'you like
them Apples?
apples for the winter season

Russets are very distinctive apples both in terms of appearance and taste. This variety is by far the most important russet grown commercially in UK. The variety represents about 6% of the total volume of the production of eating apples grown in UK.



Bramley Regarded as the finest apple for cooking due to its unrivalled taste and texture after cooking, Bramley has a unique ability to retain its tangy taste during cooking and when cooked its texture becomes wonderfully light, airy and moist. First grown from an apple pip planted by a young girl in Nottinghamshire in 1809.



Gala Trial plantings took place in England in the 1980's but it was not until ten years later that commercial planting began to develop in UK. Today, Gala is the largest single variety of eating apple produced in England. The apple has an attractive red striped skin and the flavour is predominantly sweet.

Coxs are widely regarded as the finest of all eating apples, the variety was raised by Richard Cox, a retired brewer, in 1825. Originally named Cox's Orange Pippin, improved strains combining greater colour and size with the variety's unique taste have been planted in modern orchards.



Braeburn It was first grown in UK in the 1990s in limited volumes but it was not until the early 2000s that production began to increase following the planting of selections suited to English conditions. The texture is very crisp and juicy. The overall flavour is tangy with a good balance of sweetness and a hint of pear-drops.



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.

Magic Mushrooms

A magical mystery tour through all the delicious 'fruits of the forest floor' that are in season at the moment. A foragers dream...



Ceps



Girolle



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.

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



Morel

Ceps are the bell of the ball this season, get them whilst they're at their very best. Beautiful, earthy and delicious

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.



Mousseron

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.



Trompette (de la mort)

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').

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

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.



SA

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



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.



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.



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.





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



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.

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Store Cupboard



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



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.

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