

**Yes Chef**  
2017

Unit A2  
New Covent  
Garden Market  
London

020 3617 3300  
www.yeschef.biz

Newsletter January 2017



We at Yes Chef would just like to say thank you to all our friends and customers for the their support in 2016. We hope you haven't been disappointed as we always strive to give you the best quality service we can.

Also we would like to give our thanks to the growers and farmers who we deal directly with. In 2017 we aim to source more British and Continental growers as we feel this is what our customers would appreciate and benefit from.

Our British growing season begins in March with certain produce getting into full swing beginning of May and continues till mid/end October. To fill in the gaps of the British Season means the hard task for me of travelling around Spain and Italy sourcing products... (a very hard task having to stop off at Tapas Bars/Restaurants sampling all the wonderful products)...

So many people are worried about life after Brexit but here in Britain we are a strong robust nation, that will always be enterprising and feel that our industry will come into its own.

Best wishes to for 2017  
from all at Yes Chef.

## In This Edition

### 1. IMPORTANT INFORMATION

Heavy rains in Spain affect crops this winter.

### 2. Six of the Best

A selection of some of the best vegetables this autumn.

### 3. Midnight Feast

New Years traditions from across the world.

### 4. Sign of the Season

A selection of squashes and pumpkins which are in excellent form this season.

### 5. Salad Days

Beautiful Leaves and Salads for winter.

### 6. How d'you like them Apples?

A history of UK apples and a selection of the best available this season.

### 7. Magic Mushrooms

Everything you need to know about mushrooms.

### 8. Rooting For You

Root vegetables at their best this season.

### 9. Out of the Ground

A classic rundown of our heritage potatoes and chips

### 10. Nurtured in Norfolk

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

### 11. Store Cupboard

Some examples of what we offer for dry produce

**IMPORTANT INFORMATION  
NEXT PAGE**



Yes Chef  
2017



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.

theguardian

### 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

THE Sun

### 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

Green Giant™

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

HEADLINE NEWS





# SIX of the BEST

January Kings were introduced to England from France. With their sweet flavour and crisp leaves they are a beautiful choice for hearty dishes.

Fennel is a versatile vegetable that plays an important role in the food culture of many European nations, especially in France and Italy. Its esteemed reputation dates back to the earliest times and is reflected in its mythological traditions.



Conference pears are long and thin with a bright green skin that is mostly covered in russet from the bottom up. They are sweet and juicy with a smooth-textured flesh. The flesh can sometimes have a slight pink tint to it

Tenderstem Broccoli beautiful greens with no waste at all, sweet and packed with full flavour. More on its unique heritage further on...



The rutabaga, swede, or neep is a root vegetable that originated as a cross between the cabbage and the turnip; confusingly, the rutabaga can also be called a turnip



True Seville Sours have a really short season which usually only lasts until February. Its high pectin content makes them perfect for marmalades and dressings.



# MIDNIGHT FEASTS

Every country has their own traditions for bringing in the New Year...many of them centre around fruit and vegetables for the hope of health and happiness



spain : grapes

According to Spanish tradition eating twelve grapes at each stroke of midnight brings health and happiness in the year to come. Its sounds easy but it is a challenge to eat them quickly!



germany : sauerkraut

According to German Food Guide eating Sauerkraut on New Year's Eve is a long-standing tradition in Germany. It is believed that eating Sauerkraut will bring blessings and wealth for the new year.



greece : pomegranate

Smash a pomegranate on the floor. In Greece, when the new year turns, a pomegranate is smashed on the floor in front of the door to break it open and reveal seeds symbolizing prosperity and good fortune. The more seeds, the more luck.



USA : black-eyed peas

Whip up a batch of Hoppin' John. This dish of black-eyed peas and rice is customary for New Year's Day in the American south, where black-eyed peas are considered auspicious based on their resemblance to coins.

Cook some lentils. Can you guess what lentils resemble? Money! Yes, these coin-shaped legumes are lucky in Brazil and Italy, and are said to have been eaten for luck since the Roman times.



brazil : lentils





# Yes Chef 2017

## Sign of the Season

Squashes & Pumpkins this  
season



ACORN

Also known as the pepper squash or the Des Moines. With distinctive longitudinal ridges and bright orange flesh. Seeds can be toasted too.



KABOCHA

In some cultures it is revered as an aphrodisiac, the squash sweetens as it cooks. Sliced into thin pieces often served with fish.

With a green or blue shell and sweet orange flesh, they are a pretty variety. Very low in fat, hubbard squash is high in vitamin A.



BLUE HUBBARD



ONION

The dark green spherical fruit, when fully ripe, is about the size of a large cricket ball. Beautiful for stuffing.



HARLEQUIN

Beautiful to eat as well as for autumnal decoration, these are a colourful and popular part of the family.

So called because of its shape, its French name is derived from its chestnutty flavour. Beautiful mini-sized.



GEM



SPAGHETTI

Can range either from ivory to yellow. Its centre contains many large seeds. Its flesh is bright yellow or orange and is stringy like spaghetti.



# Yes Chef 2017

## Salad Days

Salad and leaves for a fresh crunch in the winter season

### Salads

We've got all the usual suspects available, icebergs, cos, gems and the rest. But for amore interesting leaf, take a look at our Italian variety that we have at the moment. Just ask the team for more info.



### Trevisano

Ever grilled trevisano? The shredded leaves turn sweet and nutty as they char. The shape of chicory but larger and more reasonably priced than castelfranco. Try the wild variety with twisted leaves, although they are a little more expensive.



### Beans

As always we have fine, and extra fine green beans. These are available and are lovely.

Italian Borloti which are available now are also absolutely delicious.



### Castel Franco

Named after the Veneto town, what a beautiful little green bunch of lettuce, the leaves are soft and delicate and they have this mottled colour that resembles the speckling of a quail egg.



### Chicoria

Chicoria is the Italian favourite, with its clumps of long, spiky leaves. Cook it in olive oil and throw it onto pasta (orecchiette is ideal) or add it to a plain risotto, with fresh ricotta cheese. be eaten raw or cooked.





# Yes Chef 2017

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

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.

FE



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



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.





# Yes Chef 2017

## 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.

**Next Page:**  
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..*

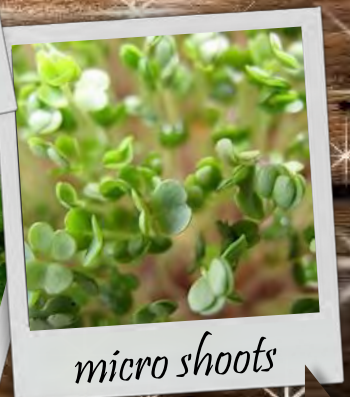
### Edible Leaves

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



# Yes Chef 2017

## 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



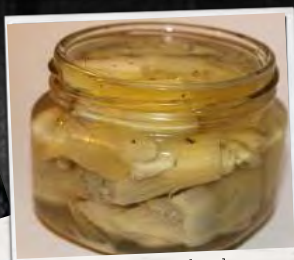
Dairy



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