



# Unit A2 New Covent Garden Market London

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www.yeschef.biz

Newsletter July 2017



## July

Wimbledon has kicked off and is with us from:

3 Jul 2017 – 16 Jul 2017

Is there anything more quintessentially British than cucumber sandwiches and strawberries on the lawn ...and lets not forget to wash it down with lashings and lashings of Pimms!



### Thinking of those at Grenfell

We are thinking of all of all those who suffered tragic losses in the tragedy at Grenfell Towers. As Londoners we all do our best to stand together during these hard times.

## In This Edition

### 1. Six of the Best

A selection of some of the best vegetables this autumn.

### 2. English Salad Days

Salad items from our green and pleasant land

### 3. Its no yolk!

News from Blackdown Hills Egg Farm

### 4. Time to Get Stoned & a bit of bitter

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

### 5. You Say Tomato

Fresh off the vine and all different colours, delicious.

### 6. Cool as a... & Berry Interesting

Or cucumber growers and tiny tasty berries.

### 7. High Five

Some info on our friends at Fiveways Farm

### 8. Nurtured in Norfolk

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

### 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.



Corn on the cob



A firm French favourite. The tear-shaped green is beautiful, buttery and tender. Its glorious as a side warm, buttered and salted.



pointe chou



asparagus



tenderstem broccoli

A fusion of Chinese kale and broccoli. This entirely edible vegetable is tasty from top to toe. There's really no need to trim, chop or just eat the top.



flat mountain peaches

Flat mountain peaches are also known as Saturn or Donut peaches. They are luscious at the moment. For more on them see page 6 for more on stone fruit.



fennel

Italian fennel is absolutely delicious at the moment and the best is coming from Italy. Works very well in salads.



As the season draws to a close, we will be looking to our South and Central American neighbours to keep us in good supply. We'll be getting crops in from Peru and Mexico.





Within the next month an English grower will be sending mixed leaves, baby spinach, pea-shoots and whole head salads. Its great to know the farm that they come from, ensuring their freshness.







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



Peaches &  
Nectarines



Apricots



Flat Mountain  
Peaches

## 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.







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.

Tomatoes are the best we have seen in a long while. They are picked in the afternoon and in our warehouse the next morning, that's how fresh they are.

We will be Heading for Almeria when the season is out, to bring you the best of Spanish.

you say tomato

beautiful ripe tomatoes  
from our own island..

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.







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.

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



strasberries

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



British Strawberries



Ripe Raspberries



Growing Tunnels





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



## 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



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.

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.



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!



**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

