



# Unit A2 New Covent Garden Market London

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www.yeschef.biz

Newsletter March 2017



Spring is peaking around the corner, the days are getting longer and the promise of new season is here. We hope that the weather is set to improve and hopefully certain products that have been affected by the wet weather around Europe will get better this month as the temperatures improve.

## DAYS FOR THE CALENDAR

**12th March:** Daylight Saving  
**17th March:** St. Patrick's Day  
**26th March:** Mothering Sunday

The main events for March are Jersey Mids, Wild Garlic and the first of English Asparagus, see our "Special Guests" page for more information on these delicious newcomers to the season.

## BIRTHDAY BOYS!

HAPPY BIRTHDAY  
PAUL, ADAM, CRAIG &  
ANTHONY!



## In This Edition

### 1. Six of the Best

A selection of some of the best vegetables this autumn.

### 2. Golden Triangle

A Forced rhubarb and the history of this Brit classic

### 3. Luck of the Irish & Mum's the Word

Celebrations this month and their history

### 4. Cool as a... & pick of the bunch

Goff's Oak cucumbers and EXSA grapes this season

### 5. All Hail Asparagus

At last English Grass is here for 2017

### 6. Magic Mushrooms

Everything you need to know about mushrooms.

### 7. Rooting For You

Root vegetables at their best this season.

### 8. Out of the Ground

A classic rundown of our heritage potatoes and chips

### 9. Nurtured in Norfolk

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

### 10. Store Cupboard

Some examples of what we offer for dry produce

english asparagus here at last!



# SIX of the BEST

Rainbow Carrots come in bunch or packets and are splendid this month. They look great on the plate and are full of flavour too.

English grass  
(coming soon)

English Asparagus is coming into its own and we are looking forward to it this season. As soon as the first grass comes through we'll get it in for our customers.

rainbow  
carrots

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jersey  
mids

Besides being unique to Jersey, the Jersey Royal enjoys EU protection of designation of origin in much the same way that France was granted sole use of the word "champagne."

More robust than its white-tipped namesake, purple sprouting needs to be in the pot for a little longer. Beware of its fragility when you are putting the purple stalks on the plate: they need a respectful hand.

purple  
sprouting  
broccoli

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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.

Wild garlic

The sight and smell of clumps of wild garlic leaves, or ramsons, going a-begging in the woods, is cause for celebration. As an early standard bearer for the year's crop of fresh green herbs



## golden triangle

A history of forced rhubarb and the golden triangle in Yorkshire

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



RHUBARB BY CANDLELIGHT

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.



# Yes Chef



## Luck of the Irish

A history of our favourite Patron Saint!

### ST. PATRICKS DAY

Every year on March 17, the Irish and the Irish-at-heart across the globe observe *St. Patrick's Day*. What began as a religious feast day for the patron saint of Ireland has become an international festival celebrating Irish culture with parades, dancing, special foods and a whole lot of green. Saint Patrick is the patron saint of Ireland. He was a Christian missionary given credited with converting Ireland to Christianity in the AD 400s. So many legends surround his life that the truth is not easily found. St Patrick was not actually Irish.

In reality, the authentic colour for St Patrick, the patron saint of Ireland, is blue. It can still be seen today on Ireland's Presidential Standard and other ancient Irish flags. In the 1700s, green replaced blue and became the official colour for Ireland. It is one of the three colours of the modern Irish flag. Green seems like a more logical choice when you consider that Ireland is known as the Emerald Isle because of its beautiful green countryside.

Wishing the boys & girls at **FOSTERS**  
a Happy St. Patricks Day!

## Mum's the Word

all about Mother's Day

Celebrations of mothers and motherhood can be traced back to the ancient Greeks and Romans, , but the clearest modern precedent for Mother's Day is the early Christian festival known as "Mothering Sunday."

Mothering Sunday is the fourth Sunday of Lent. Although it's often called Mothers' Day it has no connection with the American festival of that name. Traditionally, it was a day when children, mainly daughters, who had gone to work as domestic servants were given a day off to visit their mother and family.

People from Ireland and the UK started celebrating Mother's Day on the same day that Mothering Sunday was celebrated, the fourth Sunday in Lent. The two celebrations have now been mixed up, and many people think that they are the same thing.







### HERE AT LAST...

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. The official start, is actually usually in a few weeks time, but we are nice and early this year. The news from the field is that the end of last summer was nice and warm, and we've had a good amount of chilly weather over the winter so now all we need is a nice warm start to spring and those spears will know to get growing!

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.







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!



pick of the bunch...  
 EXSA leaders in sustainable growing



Exsa first started in 1997 at the time  
 of the deregulation of the South African  
 fruit industry when a number of table  
 grape growers pooled their fruit and  
 resources to export their own grapes.

Since then Exsa has remained a table  
 grape grower grouping. The company survived through the early, very  
 turbulent post-deregulation years when many other similar entities  
 failed.

In 2006 Exsa privatised the company, thus dispensing with "middle  
 men" in the supply chain. The directors (who are also growers) took  
 full responsibility for the company's marketing, logistical and  
 other functions as well as for personnel management. Due to the  
 considerable inputs of the directors and the small but highly  
 committed personnel, as well as the loyalty of the growers, Exsa  
 has grown from strength to strength.



Our own Paul Murphy has visited the farms at  
 EXSA and spent time with the growers, seeing  
 first hand how things are done.



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's BACK*

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 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.



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.



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.



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!



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



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.





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..*

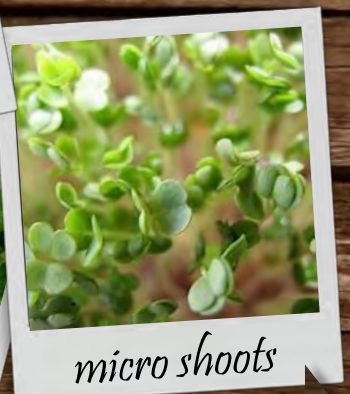
## Edible Leaves

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...*



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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