





Seasonal Update December 2019

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What's In Season?

December

Fruits	Vegetables	
Apple - Cox Bergamot Clementine - Leafy Cranberry Lemon - Cedro Lemon - Meyer Orange - Blood Orange - Leafy Orange - Seville Pomegranate Quince Rhubarb - Yorkshire Sharon Fruit Yuzu	Beetroot - Heritage Broccoli - Purple Sprouting Brussels Sprouts Brussels Sprouts - Purple Cabbage - Black Cabbage - January King Cabbage - Savoy Carrot - Chantenay Carrot - Heritage Castelfranco Cauliflower - Mixed Celeriac Cime di Rapa Flower Sprouts Jerusalem Artichoke	Kale - Mixed Parsnip Radicchio - Pink Romanesco Salsify Sprout Tops Squash - Winter Swede Tomato - Camone Tomato - Marinda Tomato - Raf Treviso Treviso - Wild Turnips
Mushrooms	Other	
Cepe Chanterelle Girolle Pied de Mouton	Chestnut - Fresh Truffle - Black Truffle - Alba White Walnut - Fresh	

Produce from U.K.

January

Fruits	Vegetables	
Apple - Cox Apple - Royal Gala Apple - Russet Bergamot Clementine - Leafy Cranberry Kumquat Lemon - Meyer Orange - Blood Orange - Leafy Orange - Seville Quince Rhubarb - Yorkshire Sharon Fruit Yuzu	Avocado - Spain Barba di Frate Beetroot - Heritage Broccoli - Purple Sprouting Brussels Sprouts Cabbage - Black Cabbage - Hispi Cabbage - January King Calcots Cardoon Castelfranco Celeriac Cime di Rapa Flower Sprouts	Garlic - Three cornered Jerusalem Artichoke Kale - Mixed Onion - Grelot Onion - Roscoff Puntarella Radicchio - Pink Salsify Sprout Tops Squash - Winter Tomato - Camone Tomato - Marinda Treviso Treviso - Wild
Mushrooms	Other	
Cepe Chanterelle Girolle Pied de Mouton	Truffle - Perigord	

Produce from U.K.

Pick Of The Month

Parsnips

A root vegetable native to Britain, parsnips have been cultivated by humans for at least 2,000 years and were particularly enjoyed by the Romans.

Since frost is necessary to develop their flavour, the parsnip is not grown in warm climates; like carrots, they are native to Eurasia. A young, smaller parsnip will have a distinctive sweet flavour, while large ones can sometimes be fibrous and woody.

The root vegetable should be firm in texture with an unblemished skin, and provides a good source of vitamin C, fibre, folate and potassium.

While they can be eaten raw, parsnips are more commonly served cooked. Slow-roasted parsnips develop a deliciously nutty

flavour, though they can also be used to add flavour to mashed potatoes and are commonly added to soups, stews and casseroles; when puréed, the parsnip works particularly well with white fish.

Before sugar was widely available, the popular vegetable was used to sweeten dishes such as cakes and jams, and as consumer interest around healthier eating continues to grow, we're seeing adding vegetables to desserts becoming increasingly popular at the moment.

Try our *Parsnip and Pecan Cupcakes* on page 4 for a tasty way to incorporate veg into a dessert while still keeping it sweet!

3379CS – Parsnips 2.5kg

3235CS – Parsnips 5kg

3191CS – Parsnips 10kg

3189CS – Picollo Parsnips 4kg

Please speak to your account manager to confirm availability



Meet The Grower

R & RW Bartlett

The Bartlett family started farming root vegetables in Staffordshire in the 1890's. Today, R&RW Bartlett is a sixth generation family owned business, located near Lichfield, supplying Reynolds with top quality carrots, parsnips and turnips.

The modern business was established in the 1950's as a partnership between Roy Bartlett and his mother, on a site of just 50 acres. Today the father and son partnership of Roy and Rod Bartlett own 600 acres of prime Staffordshire light land, renting several hundred more as required. Rod's daughter also joined the family business in 2011.

Fresh, top quality produce

All aspects of the business are managed by an in-house team, from agronomy, planting and harvesting, through to crop processing, quality assurance, and marketing. By combining the

use of modern machinery with current crop husbandry techniques, such as the use of sophisticated underground irrigation systems, R&RW Bartlett is able to produce the very best quality root vegetables.

Crops are freshly harvested every morning at 5am and, as all fields are located within a 10 mile radius of the pack house, products are generally washed, packed and delivered to Reynolds the same day. This ensures our customers get the freshest product and maximum shelf life.

Environmental focus

The farms are managed with compassion and empathy for the environment and fields are often hand weeded. Numerous watercourses and old canals run through the land and in many places wild grass seed mixes are sown to provide habitats for plants, birds and wildlife. The family is a corporate member of the RSPB, who conduct regular studies on the farms.

All products are Red Tractor Farm Assured.



Try Something Different...

PARSNIP AND PECAN CUPCAKES

(makes 12)

INGREDIENTS

For the cupcakes:

- 175g unsalted butter
- 250g soft dark brown sugar
- 100ml honey
- 3 free range eggs
- 250g self-raising flour
- 2 tsp baking powder
- 2 tsp mixed spice
- 250g parsnips, peeled and grated

- 1 apple peeled, cored and grated
- 50g pecans, roughly chopped

For the buttercream icing and caramelised parsnip topping:

- 160g unsalted butter
- 200g icing sugar
- 1 parsnip, peeled and grated
- 50g caster sugar

METHOD

1. Preheat the oven to 160°C and grease a 40mm deep muffin/cupcake tray, or alternatively line with paper cases.
2. Place the honey, sugar and butter into a pan. Melt and then leave to cool.
3. Once the sugar mix has cooled, place it in a mixing bowl with the eggs and whisk until it is light and fluffy.
4. Gently fold in the self-raising flour, mixed spice, baking powder, pecans, grated parsnip and apple.
5. Place equal amounts of the mixture into the greased cupcake tray/paper cases.
6. Cook for 15 minutes. To test if it is cooked all the way through, place a skewer into the cake - if it is clean when removed then the cupcake is cooked.
7. When cooked, immediately turn the cupcakes out onto a baking rack and allow to cool before decorating with the buttercream topping.
8. For the buttercream icing, place the softened butter and icing sugar into a bowl and beat for a minute.
9. Place the mixture into a piping bag with a star nozzle fitted and pipe equal amounts onto the cupcakes.
10. For the caramelized parsnip topping, preheat the oven to 100°C and line a baking tray with a silpat mat or baking parchment.
11. Mix the grated parsnip with the sugar and scatter across the lined tray. Bake in the oven for 2 hours until golden and crisp then leave to cool.
12. When you are ready to serve, break up the crispy grated parsnip and sprinkle over the buttercream icing.

