



Seasonal Update February 2020

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What's In Season?

February

Fruits	Vegetables	
Apple - Belchard Apple - GoldRush Apple - Russet Bergamot Clementine - Leafy Fig - Honey Lemon - Meyer Orange - Blood Orange - Seville Pear - Passe Crassane Rhubarb - Yorkshire	Asparagus - France Asparagus - White, France Avocado - Spain Barba di Frate Beetroot - Heritage Broccoli - Purple Sprouting Cabbage - Black Calcots Cardoon Castelfranco Celeriac Cime di Rapa Flower Sprouts	Grumolo - Red & Green Kale - Mixed Onion - Sweet Pissenlit Puntarella Radicchio - Pink Squash - Winter Tomato - Camone Tomato - Marinda Trevis Trevis - Wild Watercress - Red
Mushrooms	Other	
Cepe Chanterelle Pied de Mouton Trompette	Cucumber Flower Truffle - Perigord	

Produce from U.K.

March

Fruits	Vegetables	
Fig - Honey Grape - Muscat Orange - Blood Raspberry - Italy Rhubarb - Yorkshire Strawberry - Fraises des Bois Strawberry - Gariguette Strawberry - Wild	Artichoke - Italy Artichoke - Violet Asparagus - France Asparagus - Italy Asparagus - Purple, Italy Avocado - Spain Barba di Frate Batavia Beans - Borlotti Beans - Broad Beetroot - Heritage Broccoli - Purple Sprouting Broccoli - White Sprouting	Cabbage - Savoy Celeriac Cime di Rapa Garlic - Wild Grumolo - Red & Green Kale - Baby Kale - Mixed Mizuna - Red Onion - Grelot Peas - Spain Salanova Spring Greens Tomato - Heritage
Mushrooms	Other	
Cepe Chanterelle Morel Mouseron Trompette	Courgette Flower Truffle - Perigord	

Produce from U.K.

Pick Of The Month

Beetroot

Beetroot evolved from wild seabeet, a native of coastlines from India to Britain, and is also a relative of the turnip and swede. Today beetroot is common throughout much of Europe and is used extensively in Scandinavian, Eastern European and Russian cuisine.

Beetroot is a rich source of potent antioxidants and nutrients, including magnesium, sodium, potassium, folic acid and vitamin C, as well as betaine, a substance that relaxes the mind and is used in other forms to treat depression.

Since the 16th century, beetroot juice has been used as a natural red dye and the pigment is often used to colour strawberry jam, as well as to enhance the appearance of tomato paste, sauces, ice creams and other foods.

Tender baby roots can be grated raw in salads, whilst mature beetroot is better boiled or wrapped in foil and baked. It also makes a great earthy soup, or can be a dramatic addition to cakes and puddings. In Australia and New Zealand, a true burger must contain a slice or two of beetroot!

Beetroots come in all shapes and sizes and, as well as the traditional dark red variety, lesser known varieties include yellow, white, and candy striped.

- 3026CS** – Beetroot x 10kg
- 3414CS** – Beetroot (Vac-Pack) 12 x 500g
- 3013CS** – Beetroot Candy Striped x 5kg
- 3011CS** – Beetroot Golden x 5kg
- 3808CS** – Beetroot Baby Bunched 1 x 12
- 1299CS** – Beetroot Grated x 1kg
- 1476CS** – Beetroot Raw Grated x 1kg
- 3074CS** – Beetroot Peeled x 5kg
- 1112CS** – Beetroot Raw Peeled x 2.5kg

**Please speak to your account manager
to confirm availability**



Meet The Grower

Richmond Farms

Richmond Farms is a grower group consisting of 23 members and 37,000 tonnes of dedicated crops.

Fraser Key, one of the group's growers, is a third generation farmer based in the village of Burton Pedwardine, near Sleaford in Lincolnshire. His family have farmed here for over 100 years and they have been growing beetroot for over 12 years using the fertile sandy lands

surrounding Sleaford, which have never been used for beetroot production before.

Key places a strong emphasis on producing a crop with a sweet flavour and deep colour. Their varieties include early Kestrel, Pablo, Red Titan, Red River and Darko.

Later in the season the beetroot is cold stored, enabling it to be supplied to customers all year round.

Richmond Farms are M&S Field to Fork, Tesco Nurture and Red Tractor certified.



Try Something Different...

BEETROOT 3 WAYS

(makes 4 starters)



Ingredients

- 3 x medium-large red beetroot bulbs
- 2 x medium-large golden beetroot bulbs
- 2 x medium-large candy striped beetroot bulbs
- 100ml white wine vinegar
- 100ml maple syrup
- 150ml rose water
- 1 x Granny Smith apple
- 1 cup x raw almonds
- 1 tbsp x nutritional yeast
- 1 tbsp x lemon juice
- Balsamic vinegar
- Salt
- Water
- Apple marigold leaves
- Marigold petals

Method

Red beetroot

1. Slice 2 red beetroot bulbs thinly on a mandolin and cut into rounds
2. Cover with balsamic vinegar

Golden beetroot

1. Mix the white wine vinegar and maple syrup together
2. Heat until fully mixed together and allow to cool
3. Slice the golden beetroot thinly on a mandolin and cut into rounds
4. Cover the golden beetroot with the cooled pickling liquid

Candy striped beetroot

1. Mix the rose water with 50ml water
2. Slice the candy striped beetroot thinly on a mandolin and cut into rounds
3. Cover the candy striped beetroot with the rose water mix

Allow all three types of beetroot to pickle for 24 hours

Granny Smith apple

1. Take 1 red beetroot bulb and grate finely
2. Place into a fine sieve and push all the excess liquid into a bowl
3. Cut the apple into a small dice, and infuse in the beetroot juice for at least 1 hour
(N.B. a Golden Delicious apple can also be used for a sweeter result)

Almond cream

1. Soak the raw almonds in cold water for 24 hours
2. Drain and rinse the almonds
3. Blend with ½ cup of fresh water, the nutritional yeast, lemon juice and a pinch of salt until smooth.
4. Add more water if necessary until the cream is a thick but smooth consistency

To Serve

1. Drain the beetroot onto kitchen paper and arrange on a plate as desired
2. Drizzle with the almond cream and arrange a few pieces of the soaked apple
3. Decorate with apple marigold leaves and marigold petals