



---


## Seasonal Update March 2020


---

Telephone: 01992 809200

Email: [info@reynolds-cs.com](mailto:info@reynolds-cs.com)

[www.reynolds-cs.com](http://www.reynolds-cs.com)

 [@ReynoldsFood](https://twitter.com/ReynoldsFood)

 [@reynoldsfood](https://www.instagram.com/reynoldsfood)

# What's In Season?

## March

Fruits	Vegetables	
Fig - Honey Grape - Muscat Orange - Blood Raspberry - Italy Rhubarb - Yorkshire Strawberry - Fraises des Bois Strawberry - Gariguetta 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 Leeks Mizuna - Red Onion - Grelot Peas - Spain Salanova Spring Greens Tomato - Heritage
Mushrooms	Other	
Cepe Chanterelle Morel Mousseron Trompette	Courgette Flower Truffle - Perigord	

Produce from U.K.

## April

Fruits	Vegetables	
Cherry - France Melon - Piel de Sapo Melon - Rock Raspberry - Tulameen Rhubarb - Wye Valley Strawberry - Fraises des Bois Strawberry - Gariguetta	Alexanders Asparagus Asparagus - Purple, Italy Asparagus - Purple, Wye Valley Asparagus - Wild Barba di Frate Beans - Borlotti Beans - Broad Broccoli - Purple Sprouting Broccoli - White Sprouting Cime di Rapa	Garlic - Wild Hop Shoots Kale - Mixed Onion - Cipollotti Onion - Roscoff Peas - Spain Potato - Jersey Royal Sea Beet Sea Kale Spring Greens Tomato - Heritage
Mushrooms	Other	
Cepe Girolle Morel Mousseron St George	Almonds - Fresh Bean Blossom Courgette Flower Elderflower	

Produce from U.K.



# Pick Of The Month

## Leeks

Leeks are closely related to onions and, as a result, they bear some similarities in terms of flavour. However, leeks have a milder, more delicate and sweeter taste than onions and are therefore an excellent addition to recipes without risking overpowering the other flavours in the dish.

### How To Use Leeks

Leeks are well known for their use in soups, but they are a very versatile vegetable and can also be fried, sautéed, boiled or roasted and served on the side of a dish.

The white part of the stem is typically the most utilised part, however the rest of the leek still has several uses. The green part of the stem tends to be slightly tougher than the rest and requires cooking to soften, but the flavour is similar to the rest of the stem. As well as this, the green leaves, although not edible, are a great addition to stock to help create flavour.

### Health Benefits

Leeks have several health benefits, most notably the fact that they contain high amounts of flavonoid kaempferol, which studies suggest supports our cardiovascular system by protecting our blood vessel linings, as well as reducing the risk of developing chronic diseases, such as cancer.

In addition, leeks are an excellent source of Vitamin A, which aids vision and supports the immune system, Vitamin K, which supports bone building and Vitamin B6, which reduces the amino acid that is associated with heart disease, blood clots and strokes.

**3141CS - Leeks 2.5kg**

**3136CS - Leeks 5kg**

**1270CS - Leeks Sliced (10mm) 2.5kg**

**1276CS - Prep Leeks Whole 2.5kg**

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





# Meet The Grower

## T Wilson & Sons

T Wilson & Sons is a family farm based in Rainford, Merseyside, farming on over 1,800 acres across Lancashire, Merseyside and Cheshire. Carol Wilson and her late husband Thomas initially started supplying fresh produce to the local wholesale markets in Preston and Manchester in 1972. Today, Carol is now joined by their four children who all work in the business.

Thomas and Alastair work together to grow and harvest nearly 2,000 acres of vegetable and salad crops, meanwhile Rob manages their family's HGV fleet and Julie manages the sales and finance functions. The third generation of the family are hot on their heels and showing a great interest in growing and farming.

The business employs over 100 full time staff throughout the harvesting, production and distribution areas of the business.

### Perfect Conditions for Farming

T Wilson & Sons supply Reynolds with leeks, savoy cabbage and lettuce during the UK season. The farm's location in the North West

means the family mainly grow on Grade 1 black peat soils, sand and loam. With around 1,000mm of rainfall a year, reliance on irrigation is very low and a variety of crops can be grown all year round.

### Varietal Development

Careful investment has enabled T Wilson & Sons to participate in numerous variety trials to maximise flavour and shelf life, whilst reducing dependence on agrochemicals and extending the UK growing season.

### Environmental Responsibility

T Wilson & Sons use integrated farm management practises and are involved with several countryside stewardship schemes. Margins, fields and designated plots are homes for many insects, birds and mammals, including Lap Wings, Grey Partridge and Hares, which have been sustained through environmental projects.

The family has invested in solar panels on the main site to maximise energy efficiency and they also utilise multi-site farm weather stations to provide accurate location forecasts, which help to predict disease forecasting and minimise irrigation usage.





# Try Something Different...

## MUSSELS WITH LEEKS AND WHISKEY SAUCE (Serves 2)

### INGREDIENTS

#### For the mussels:

- 1 leek, cut in half lengthways and thinly sliced
- ½ lemon
- 100ml white wine
- Pinch of freshly ground black pepper
- 1kg cleaned mussels

#### For the sauce:

- 50g butter
- 1 shallot, finely chopped
- 1 clove garlic, finely chopped
- 150ml white wine
- 250ml strained stock from the cooked mussels
- 250ml double cream
- 50ml whiskey
- 2 leeks, sliced thickly at an angle
- 1 tbsp chopped parsley

(Plus 1 small handful of tendrill pea shoots as garnish)

### METHOD

#### For the mussels:

- Clean and debeard the mussels (if any mussels are opened, tap them lightly on a hard surface and if they don't close, discard them).
- Heat a little olive oil in a large pan until hot, then add all the ingredients in, stir well and cover with a lid.
- Allow them to steam on a medium-high heat for 3 minutes, or until the mussels have fully opened.
- Strain the mussels through a sieve, keeping the liquid aside for the sauce.
- Discard any unopened mussels and keep the remainder refrigerated until needed.

#### For the sauce:

- Melt the butter in a pan large enough to hold the mussels, then add the garlic and shallot.
- Cook on a low heat until softened but not browned.
- Add the wine and the stock from the mussels, then reduce by a ¼ of the original volume.
- Add the cream and reduce by half.
- Meanwhile, in a new small frying pan, fry the sliced leek in a little olive oil until browned, trying to keep them whole.
- Keep the leeks warm until needed.
- Add the whiskey and the mussels to the sauce and heat until the mussels are fully reheated.
- Finish with the chopped parsley and a pinch of freshly ground black pepper.

#### To serve:

Arrange the mussels into bowls, topped with the browned leek and tendrill pea shoots.

