



ISSUE  
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# FRENCH GARDEN TIMES

Member of the Associated Group  
of Wholesale and Restaurant  
Suppliers.

ILLUSTRATED MARKET NEWSPAPER

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## *Senegal Steps in to fill European Void.*

*While Charentais Melons were traditionally produced in Europe, top growers, Soldive, have been cultivating them in the West African country of Senegal for almost a decade now – filling a gap in the market, during the winter months.*

*The Senegalese sunshine and perfect soil in the north of the country, provides an ideal climate for growth. Their distinctive flavour is considered superior to the similar looking cantaloupe.*

*They are here just in time for the festive season.*



## TAKE A PUNT ON PUNTARELLA

A STAPLE INGREDIENT OF A POPULAR ROMAN SALAD, THERE WAS A TIME WHEN YOU WOULDN'T FIND PUNTARELLA OUTSIDE OF ITALY, BUT TIMES, THEY ARE-A-CHANGING! THE FIRST THING TO CLEAR UP, IS PUNTARELLA ISN'T REALLY A VEGETABLE IN ITS OWN RIGHT, BUT THE NAME GIVEN TO A PART OF THE CHICORY PLANT. IT TASTES SOMETHING LIKE A SHARP ENDIVE WITH A HINT OF FENNEL, AND THE LEAVES LOOK A LITTLE LIKE DANDELION LEAVES; ONCE IMMERSSED IN ICED WATER, THEY BECOME CURLY, JUICY AND TENDER.



## Italian Cimi de Rappa Should Be Top of Everyone's Christmas Wish List!

Nutty, bitter and pungent, these Italian Cimi de Rappa, or Turnip Tops as they are known in the UK, are nutritional powerhouses, absolutely jam-packed with nutrients while low in calories. A great source of Vitamins C, A and K, they truly should be on everyone's winter menu.



Turnip Tops fell out of fashion in Britain for a while, perhaps because Turnips themselves were not popular, but now Cimi de Rappa has had a resurgence in popularity it's popping up all over.

Forget candy canes this Christmas, we've got the most fabulous Candy Beetroot, and it's a welcome flash of colour at this time of year. Incredibly versatile veg, our entire range can star in Eastern European soups and pickles or even Indian cuisine.



## Leafy Clementines are the ONLY variety we sell at French Garden

While other wholesalers stick to selling regular Clementines, we push the boat out, staying loyal to the Leafy Variety – they not only taste wonderful, but look amazing in the bowl too. Once their time is up, look out for Nadorcotts to make appearance.



## TV CHEF JAMES MARTIN CONVERTS OUR WAREHOUSE INTO TV SET - FILMS EPISODE FOR NEW SERIES



It was all change for us, one day last month, when French Garden's busy warehouse in the heart of Rungis Market, Paris, welcomed television chef, James Martin and his film crew for the morning, as they filmed the final episode of his new series, James Martin's French Adventure, due to air in the new year. French Garden's Director Chris Dart showed the former Saturday Kitchen host around our premises and the market.

Eager to capture the essence of day to day market life, as well as sourcing the freshest and tastiest produce on sale, the crew arrived at 3am French time for a scout round the trading halls

### DISHES

James, together with his producer, director and camera operators, toured the fruit and veg market, and then the meat section, before setting up

their equipment and some very basic cooking gear.

The presenter then cooked a delicious chicken recipe, with a fabulous wild mushroom sauce, as well as a tasty duck dish, while our boys continued loading up lorries and vans in the rest of the warehouse – life has to go on, regardless of 'lights, camera, action,' if we want our loyal customers to receive their usual orders as normal! Can you spot us on TV in 2017?



## 'Buon Natale' means a Merry Christmas in Italy; which is coincidentally where all these lovely tomatoes are from!



Camone, Marinda, Datterino and San Mazarno; these stunning varieties of Italian tomato are as beautiful as their names.

Most people have heard of San Mazarno: fabulous in sauces, because of their flavour they are considered by many to be the best tomato in the world! But the others are not so widely known. Marinda are often eaten in salads in Italy, because of their thick skins, and are at their best when they still retain their green colouring.

Camone tomatoes are the result of a happy accident – cultivated with a mixture of rain and sea water, they have a crisp flesh and tart flavour.

And finally our naturally sweet and fragrant, elongated, on the vine Datterino Cherry Tomatoes, which are extremely popular and always in high demand. And there you have it – bellissimo!

## Blood Oranges Start Off Slowly

It's still early days yet for our wonderful Blood Oranges – although their wonderful juicy red flesh accompanies an amazing, distinctive flavour, it's still too soon for the true 'bloody' look.



[www.frenchgarden.com](http://www.frenchgarden.com)

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