



ISSUE  
#7

# FRENCH GARDEN TIMES

Member of the Associated Group  
of Wholesale and Restaurant  
Suppliers.

## ILLUSTRATED MARKET NEWSPAPER

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Price £0.00

### TOTAL WHITE OUT IS PEACHY

What could say summer more than biting into a juicy, flavoured White Fleshed Peach or Nectarine?

Early on in the season we were selling Spanish produce but now the French fruit has arrived from Provence bringing richer flavour.



## MELLOW YELLOW AND PURPLE REIGN



INJECTING A VERITABLE KALEIDOSCOPE OF COLOUR INTO THE SUMMER THESE STUNNING CAULIFLOWERS MAKE A PRETTY ADDITION TO THE PLATE. ANTIOXYDANT ANTHOCYANIN – ALSO FOUND IN RED CABBAGE AND RED WINE – GIVES THE PURPLE VEG IT'S COLOUR AND THE YELLOW OR ORANGE CAULI IS CREATED BY A GENETIC MUTATION ENABLING IT TO HOLD MORE BETA-CAROTENE. THESE TINTED VARIETIES HAVE BEEN AROUND FOR A WHILE NOW, BUT THE ARRIVAL OF THE BRITTANY CROPS PROVIDES REAL QUALITY.

### French Flooding Impacts On Supplies Of Spinach and Watercress

*Buyers can't fail to have noticed the atrocious flooding across Europe earlier in the season and we suffered quite badly with availability of some produce as a result, particularly with supplies of Spinach and Watercress. Hopefully the rest of the summer will remain dry. Surely there can't be any more rain left!*



### Yellow Beans anyone? I should Coco!

The waxy Yellow Bean and the Coco de Paimpol white bean are selling nicely now Southern French crops have taken over from Spanish. The AOP semi-dry Coco Bean is a melt in the mouth treat.



## *Romanesque: vegetable or mathematical marvel?*

*This spectacular vegetable has been a real problem over the last month as it's been really expensive, but now stock is coming in from Brittany the price is back down to a reasonable norm.*



*Romanesque might superficially mimic the cauliflower but that's where the resemblance ends.*

*Chartreuse in colour and mesmerizingly fractal in form this product tastes delicate and nutty.*

*The French Garden*

www.frenchgarden.com

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### COMING SOON

KEEP YOUR EYES PEELED FOR THE DELICIOUS GREENGAGE AND MIRABELLE PLUMS ARRIVING IN MID JULY!

## TWO STUNNING MELONS LEAVE BUYERS SPOILT FOR CHOICE

Now coming in from Italy, these gorgeous Watermelons are larger than their Spanish counterparts and their darker, greener skin makes a stunning contrast with the vibrant pink fleshy interior.

Also delicious right now is the infamous Charentais Melon. An authentic Charentais and not a pretender to the name, it's pistachio-grey coloured, green ribbed skin hides a deep orange, dense and sweet flesh.



## **THE RAINIER IS BACK FOR ANOTHER BITE OF THE CHERRY**

**DISTINGUISHABLE BY THE COLOUR OF THEIR SKIN AND THE HIGH SUGAR LEVELS THE DELICIOUS WHITE OR RAINIER CHERRY IS BACK ON SALE AGAIN.**

**NAMED AFTER MOUNT RAINIER, THE HIGHEST PEAK IN WASHINGTON, USA, WHERE THEY WERE DEVELOPED IN 1952, THESE SUCCULENT FRUITS MAKE AN ALTERNATIVE CHOICE IN BOTH APPEARANCE AND FLAVOUR.**