

Est. 2014

AUTUMN 2016

Price £0.00

French Quince Season Offers Tastier Fruits

The Quince might belong to the same family as the common or garden apple and pear but aside from it's appearance that's where the similarity ends. Unlike its distant cousins, the Quince's flesh is quite bitter until cooked.

We are delighted now the French season has started, as their crops of Quince have much more flavour than their Turkish counterparts.

Just potty about Potimarron



A little late after a few weeks of Indian Summer but Autumn has arrived on our doorstep and with it comes an abundance of late summer and Autumn squashes. One of the most popular is Potimarron or Onion Squash. Full of flavour, sweet, slightly nutty and with edible skin, the flesh boasts a rich flavour not dissimilar to roasted chestnuts, hence the French name: potiron (pumpkin) and marron (chestnut).

A famous French Heirloom, Onion Squash is said to have been introduced to France from Japan by the founding father of Macrobiotics; food choices creating balance in the body. We stock a plentiful and wide variety of squashes to choose from.

GARLIC IN THE PINK

Dried Garlic is at its very best at this time of year and our Lautrec Pink Garlic, is the most superior product that you will find.

Indeed it is so celebrated that Rungis Market holds an annual competition in early autumn, to see who can stack the manouilles (bunches) the highest!

All layers of skin, except the final one, are removed to reveal the pink gems hiding underneath, which gives Lautrec Garlic its distinctive look.

Rumour has it that an innkeeper in the South-Western French village of Lautrec, planted the first cloves, paid to him in kind from a travelling merchant. The crop grew and farming expanded, eventually giving rise to the booming business there is today.



LET'S ROOT FOR LESS COMMON VEG

The season is underway for both Chervil Root and Parsley Root – a cause for celebration among those culinary creators tired of traditional winter and autumn root vegetables.

Both can be roasted, pureed or deep fried, making them a ready alternative to swede and parsnip.



*Jerusalem Chokes;
price WILL fall as
weeks go on*

Only just started at French Garden, Jerusalem Artichokes are still quite expensive right now, but bear with it and the price will come down quite considerably as the season progresses.

A vegetable du jour in many restaurants, the choke - not actually an artichoke but named so because of it's similarity in flavour – is a hugely popular winter choice and regularly feature on menus at this time of year.



WE WELCOME NEW CROPS OF VEG SO OLD EVEN THE ANCIENT GREEKS CELEBRATED IT!

We are delighted to see the arrival of the first new crop Leafy Celeriac, with their verdant, lush green fronds rising above pale, knobby roots.

Prized for their creamy and nutty flavour and so versatile it can be roasted, mashed, pureed or sliced in the classic French

dish, remoulade, it is a vegetable that has been consumed since ancient times, even getting a mention in Homer's Odyssey as 'selinon'. Amazing!

Oh 'Gourd', it's almost Halloween already!

If there's one thing that says Halloween more than pumpkins it's Gourds and these ornamental beauties are a favourite at this time of year, providing a seasonal splash of colour right where it's needed.

But remember, they're only decorative, not edible!



The Munchkins are back (and we don't mean the kind you find in Oz)!

The mini-me cute little cousin of the regular pumpkin is the star of the show at this time of the year and will be flying off the shelves in the weeks to come

Besides the Munchkins we stock a variety of cooking Pumpkins called 'Ironbark'. Please note our English Halloween Pumpkins are not quite out yet and usually arrive at the end of September.



Hot Off The Press

Italian winter favourites Punterella and Cimi De Rappa, also known as Turnip Tops, are just starting to come into us.

Red Meat or Veg?

It isn't difficult to see how Red Meat or Watermelon Radish, as it's sometimes known, came by it's name. Beneath its white skin and delicate green shoulders is a brilliant pinky-purple or red crisp interior with a mild, sweet, only slightly peppery flavour.

Red Meat Radishes are a variety of daikon radish.



The French Garden

www.frenchgarden.com

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