



ISSUE
#6

FRENCH GARDEN TIMES

Member of the Associated Group
of Wholesale and Restaurant
Suppliers.

ILLUSTRATED MARKET NEWSPAPER

Est. 2014

SPRING 2016

Price £0.00



Wet Garlic heralds Springtime

Wonderfully fresh and with all of its verdant stalk still attached, these little beauties – a highlight in the gourmet’s calendar – are mild, creamy and nutty with a sweetness that’s only enhanced when they are roasted.

With a reasonably short season these bulbs are picked by hand and get their name simply because they’ve not been hung up to dry.

FRENCH NETTLES ARE BACK

Apparently nettles have been on this planet longer than human beings, so it should come as no surprise that the weed we all feared as children was only out of favour as a foodstuff for a relatively short period of time during the last century before making a comeback.

The flavour of the plant old timers refer to as “Spring Tonic” is unmistakably “green”, somewhere between spinach, cabbage and broccoli – just use them anywhere you would use other fresh greens. Interestingly they are a natural match for eggs and sit well in an omelette or thrown into scrambled egg, making a nutritious addition.



Far larger than their Spanish counterparts these French Globe Chokes from Brittany are stunning.



The French Garden

www.frenchgarden.com

Twitter: FrenchGardenUK

Brittany’s mixed tomatoes never fail to delight



A veritable rainbow, surely nothing beats the variety of hues, tastes and shapes found in our French mixed tomatoes.

Increasingly popular in recent years our unique assortments of more than six tomato varieties and flavours are grown in the fertile soils of Brittany.

Varieties include Coeur de Boeuf, Crimean Black, San Marzano, Cornue des Andes and Green Zebra.



It’s all white – it’s meant to be this colour!

‘Etiolation’ – the deprivation of light, by piling mounds of dirt up around the growing stalks and black tunnels – is how White Asparagus is grown, preventing the plant from producing chlorophyll.

Generally considered slightly milder and a bit more tender than it’s green counterpart, this French variety is better quality than the average Peruvian or Mexican asparagus.

An ingredient to really go wild about

Great in salads, soups, pesto and pasta the arrival of first French and now English Wild or Bear’s Garlic, as it’s sometimes known, is always worth celebrating!



SPANISH CHERRIES, IT SURE IS GOOD TO SEE YOU!

They might only just have started and are a tad expensive right now but we are embracing the arrival of Spanish Cherries as they signify Spring and everything it represents.

In a few weeks they will really come into their own and their full flavour can be appreciated at a more pocket-friendly price.

This European fruit should last until July when the season draws to a close – Spanish Cherries were particularly delicious last year when a bumper crop was predicted so we are expecting good things again as the months progress.

