



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.