

what's august in august?  
why is it good now?  
and what shall I do with it?

**Riverford**  
farm shop



### sweetcorn

riverford have a fantastic early crop from the french farm which is followed by the devon harvest

remove kernels with the scrape of a knife and eat in salads; boil briefly; or soak unpeeled cobs in water for an hour, then cook slowly on the bbq, turning occasionally, when the outer leaves are brown, the cob is ready, peel back the leaves for a natural 'handle' - and don't forget the butter

### runner beans

one of the iconic British summer vegetables is just in season  
ours are grown for flavour by anthony coker at rattery  
cook in plenty of salted boiling water until tender - without a lid to keep the colour  
eat hot in pasta dishes, with bacon or pesto, or plunge into cold water and use in salads  
they also make good chutneys and pickles



### british plums

victoria and marjorie's seedling are the iconic english varieties that knock all-comers for six

good for far more than a quick snack - jam, bottle, pickle, crumble, make a plum glaze for pork or create a spicy chinese plum sauce



### early season eating apples

the season is short and they don't keep so enjoy them as soon as you can  
discovery, worcester pearmain and katy are everything good eaters should be - crisp, thin-skinned and fragrant  
supermarkets don't like them so grow your own or visit a farm shop or market



### blackberries

another quintessential british fruit free to foragers or available from pick-your-owns or farm shops

cook with early season apples for proper jams and crumbles, juice or freeze for the winter



### chicken wings and pork ribs

barbecues are a great way of turning cheap and humble cuts of meat into a real celebration  
they're a proper job family favourite finger licking food  
what's not to like?  
roast slowly or cover with water & simmer gently until tender  
then baste with chinese 5 spice/honey/oil /soy/whatever and bbq until sticky, glistening and unctuous

