

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

Riverford
farm shop



purple sprouting broccoli

one of our favourite crops of the year, purple sprouting broccoli comes at a time when other greens are in short supply
summer and autumn broccoli have inferior flavour, purple sprouting is much more flavourful than calabrese broccoli
purple sprouting broccoli works really well with pasta, or in a side dish with garlic, olives and toasted breadcrumbs

celeriac

a root with a difference - look past its knobbly exterior and you'll find aromatic, earthy notes and a clean texture
slowly grown on british soils allows the flavour to develop, our farmers are experts at getting the best out of this quirky root
as well as the classic remoulade, celeriac works especially well in soups, or pair with apple for an unusual mash to serve with roast pork



parsnips

they're fresh out of the ground, haven't spent months in storage and are still moist and sweet
they grow well in devon and are high in vitamins and minerals, especially potassium
roast with potatoes and beetroot to eat with a roast dinner or slice very thinly and deep fry in oil to make crisps
good mashed, excellent in soups with curry spices, or in root vegetable casseroles and tagines



kale

grows through most of the autumn and winter but it's particularly sweet after a frost
very high in beta carotene, vitamin k, and vitamin c, also rich in calcium and sulforaphane
whether black, curly, or red russian it's good steamed, boiled or sautéed as a vegetable side, or in soups, stews and pasta dishes
foodie hipsters dry, fry, or juice it



mutton

in winter, before lambing, is the natural time to cull young ewes - and mutton is cheaper than it has been for years
grass-fed mutton is high in omega 3 acids
our butchers hang it for a fortnight, butcher it properly, and carefully trim excess fat
it's high in flavour but a little denser so it needs longer, slower cooking - perfect for slow roasts, curries, irish stew, lancashire hotpot, meatballs etc

