

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

Riverford
farm shop



sugar snap peas

ideal for light and easy summer eating - no podding required!

we select the varieties that are sweet and crisp, not the fastest growing or heaviest cropping

use as a crudité alongside dips, toss whole and raw into salads or use to add sweetness and bite to stir-fries

stunning when steamed, serve with butter and fresh mint tips

courgettes

a freshly picked courgette or zucchini takes a lot of beating and most of ours come straight from the farm

forget the ratatouille and griddle, barbecue or roast and serve with a little olive oil and parmesan

they're also good in curries, whizzed up in a vichyssoise style soup with mint and yoghurt, in stir fries and pasta sauces or raw in batons

use surplus in chutneys before they get too big



english currants & gooseberries

these tart but tasty fruits are one of the joys of the english summer as well as classic summer and queen of puddings, tarts, pies and crumbles the tartness works well in sauces and jellies to accompany red meats, particularly game

they are also good in cordials and cocktails - gooseberry & elderflower, in jam or squash, is a marriage made in heaven

padron peppers

play russian roulette with padron peppers grown on the riverford farm in france

most are mild, some have moderate heat - and watch out for the occasional lurker with a real kick

you'll be hard pushed to find them in shops, but they grow very well on our french farm

they're all the rage in tapas bars - fry until blistering and serve with sea salt (and ideally a cold beer) larger (hotter) ones are good roasted



french beans

a traditional summer veg because they love hot, humid weather, so a warm spring really brings them on and gives them bags of flavour

cook in plenty of boiling water, without a lid to help them keep their bright green colour and toss in butter, parmesan and black pepper