

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

**Riverford**  
farm shop



### leeks

give your cooking a spring boost with a flavourful onion zing, courtesy of our pokey home grown leeks

our farmers know how to get the best from this iconic british vegetable so why buy imported leeks

use in place of onion in most dishes and try braised and served with a shallot and caper vinaigrette

### spring greens

these hardy greens survive the winter as young, leafy plants to produce small, loose-leaved hearts in march and april

riverford has been growing this classic british cabbage for years and think it is seriously underrated

these sweet and tender leaves are packed with vitamins

simply steam, or serve in an omelette



### cauliflower

we think that winter cauliflower has the best flavour - cold weather means they grow slowly

organic soils produce smaller, firmer heads than those in the supermarkets; lots of flavour, but without using a scrap of artificial fertiliser

an incredibly versatile veg; as well as the classic cauliflower cheese, use in curries, soups, pasta dishes or salads

### shin of beef

It's available all year round but it's particularly good for slow cooking

all our organic beef comes from farmers we know, trust and have worked with for years

mainly south devon breed with a bit of angus and devon red it's grass fed with a small home grown grain supplement

cook it long and slow until the connective tissue breaks down and dissolves into the liquid - delicious



### sausages with attitude

we're approaching the hungry gap which, as always, will last for months; with no fresh vegetables, dried are the answer and nothing goes better with pulses than sausages

we've been making bangers for thirty years using natural casings, our own natural seasoning etc

our chorizo, black pudding, montbeliard and french country sausages are perfect for hearty bean, casseroles such as cassoulets and spanish fabada asturiana

bangers and mash is pretty good too