

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

Riverford
farm shop



jersey new potatoes

not all potatoes are the same; the iconic jersey new potato is the earliest of the new season crop to arrive, thanks to the warmer channel island climate

we've selected the tastiest varieties and the family farmers we work with grow them slowly to allow the flavour to develop

boil and eat hot or cool and use in salads - their waxy texture is ideal for this try roasting them whole in a parchment bag with garlic and herbs, too

asparagus

the uk asparagus season has arrived

arguably the best in the world so enjoy these beautiful spring spears at their seasonal best

asparagus is really hard to grow organically, but we've been at it for years and know how to get a tasty crop to harvest.

steam, stir fry, grill, intensify the flavour by roasting or serve them as healthy 'soldiers' - boil an egg and dip away



wet garlic

wet (fresh) garlic heralds the start of the new veg season and complements other early, 'primavera' spring veg

it can be hard to come by in the shops, but it's worth experimenting with as it has a milder flavour than dried garlic

you can use the whole bulb and stalk and be generous, as it's mild add to salads, dressings, salsa, stir fries or mashed potato



elderflower

we don't actually sell it but you can pick it from virtually any hedgerow

obviously avoid flowers from next to busy roads and try to find ones that have just opened

we all know about elderflower cordial and bubbly but it's also good in salad dressings, ice cream, puddings, cocktails and deep fried as fritters

it also goes well with gooseberries in jams and fools



spring lamb

very early (easter) lamb hardly sees a blade of grass

by the end of may, january born lambs have frolicked in, and eaten, the spring grass so they've lost the milky, veal like, colour and got a bit of flavour

all our spring lamb is reared by george welsh at allerton farm, dartington - it's very local, organic and good

it's still quite mild so a zingy gravy or sauce with it (salsa verde for example) works a treat

