

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

Riverford
farm shop



savoy cabbage

one of our favourite cabbage varieties and it thrives throughout the uk - robust, dark green leaves with a strong flavour

good in hearty soups and stews, or boiled and dressed with butter and/or bacon

or really go to town (or eastern europe) and separate, blanch and stuff the leaves

pink fir apple potatoes

this knobbly pink potato is a favourite among chefs looking for rich, buttery flavour and dense, chestnutty texture

they are tricky to grow organically, but the riverford farm in yorkshire usually has a good crop

best cooked simply to showcase the flavour and texture so boil until tender (12-15 mins) and toss in a little butter and good quality sea salt



radicchio

beautiful to look at, this dark red and white bitter leaf is a love or hate kind of veg

as with most bitter vegetables it becomes milder when cooked or mix with sweet fruit and cheese

it also gets milder and sweeter after a frost

use raw in salads, or cooked, either simply griddled, italian style or in risotto or pasta

quince

wonderfully perfumed fruit, closely related and similar to pear in appearance but later maturing

they do grow in the UK but more commonly found in spain and portugal where quince cheese (membrillo) is the classic accompaniment for manchego

use for jams, jellies and membrillo or add, diced, to stews (particularly pork), braises, tagines and sauces and gravies



nuts

the european harvest of almonds, hazelnuts, walnuts etc was a big part of the farming calendar providing protein to see us through the year

it's about as sustainable as farming can be and a cornerstone of forest gardening and permaculture

we tend to eat them at Christmas; after dinner, pickled, in stuffings and with vegetables but they're equally good all year round in biscuits (particularly cantuccini), cakes and liqueurs (nocino, amaretto etc)