

what's sweet in september?  
why is it good now?  
and what shall I do with it?

# Riverford farm shop



## chillies

early autumn is when our chilli crop is at its peak, so it's a good opportunity to explore the different colours and flavours

riverford have been experimenting with different varieties from jalapeno to habanero, from cayenne red to cherry bomb to purple vampire

chillies aren't just about heat; remove the seeds and you'll get more of the flavour, and if you have too many, string them up as an edible decoration

## romanesco

who wouldn't want to try out this sculpture au-naturel?  
coming from italy it's susceptible to hard frosts though, so get your fill before winter hits

substitute anywhere that you use cauliflower, or showcase its hypnotic lime green

enjoy florets in a vibrant side, or pasta, dish with anchovies, garlic and chilli



## main crop apples and pears

cox's orange pippin, egremont russet, spartan, chivers delight, blenheim orange, lord lambourne, orleans reinette - great names not to be forgotten

the same goes for pears - green and red anjou, bartlett, comice, conference, bosc, concorde etc etc

eat, cook, preserve, chutney or juice; they are so much better than the standardised, gas-ripened, thick-skinned varieties sold throughout the year in supermarkets



## fennel

love it or hate it, anisseed, florence fennel is not short of distinctive character

although equally good cooked or raw it gets milder with cooking

roasted or braised, it's good with pork, chicken and fish but it also works in soups, grated into salads or blanched and preserved



## raspberries

have a long season and thrive in our damp, variable climate but that means they need to be eaten as quickly as possible

neil has been growing raspberries at kitley for many years and they get to us the day they're picked

serve with cream or ice cream or use for summer or queen of puddings, jam, tarts, trifles, cheesecakes etc

they also make a good sauce for game

