

Crop Report

Seasonal Spotlight - What's in season?

The season is upon us! **Asparagus** can be cooked in many ways: grilled, steamed, barbequed, poached, roasted, or even eaten raw. British asparagus is a labour of love and all spears are harvested by hand once at the right height.

Asparagus can grow up to 10cm in one day in the right conditions. It has a growing season of around 8 weeks traditionally starting at the end of April until end of June. Grab it while you can and promote this great British spear.

Buy it from Brakes: C 116370 Asparagus 1 x 500g



The start of May sees our main winter to summer seasonal switch, with many of our products changing country of origin. Here are some of the key points to note:

Onions - the UK season and the impact on size of last summer's hot weather comes to an end in April. As we move to imported product in May, we should see larger product coming through.

Lettuce & leaf - we will be moving away from imported to UK sourced produce. There will be a changeover period, as imported season end and the UK starts. The crossover has the potential to impact quality which we are working hard to limit.

Prepared carrots - with UK yields up to 30% down following last summer's hot, dry weather we are reliant upon European imports until mid-June. Our winter has been very dry, which could impact summer irrigation.

Prepared potatoes - prices of raw material remain up as a result of the weather-related 20% reduction in yield coupled with a 3% increase in demand for the humble spud. Fingers crossed for rain to help with this year's crop!

Menu Inspiration

Summer in a bowl

Vegan sweet potato, pomegranate and pistachio salad with a minted, dairy free yogurt dressing



Ingredients

- 150g Diced Sweet Potato C 450654
- 50g Herb Salad Mix C 103556
- 10g Pomegranate Seeds C 74817
- 2g Mint C 113882
- 85g Dairy Free Plain Yoghurt C 118561
- 10g Pistachio Kernels A 8823
- 5ml Extra Virgin Olive Oil A 88887
- 0.5g Sea Salt A 350093
- 0.5g Ground Black Pepper A 85292

Pomegranate seeds add vibrancy and a sweet and sour note to a wide variety of dishes, such as jewelled couscous, salads and desserts.

1. Preheat oven to 180°C.
2. Toss the diced sweet potato in a tsp of olive oil with a pinch of salt & pepper and place on a baking sheet. Roast for 25-30 minutes until golden, turning over halfway through to ensure crispness.
3. Whilst the potatoes are roasting, mix chopped fresh mint and a pinch of salt and pepper through dairy free plain yogurt alternative.
4. Scatter the sweet potato over a bed of herb salad.
5. Sprinkle over the fresh pomegranate seeds and pistachios.
6. Then drizzle over the yogurt dressing and serve.

Only
£1.66
per 100g

Star
Product



C 74817
Pomegranate Seeds
1 x 150g

£2.49
£1.66 per 100g
LIST £4.09

Promotional Hotspot

The other fresh produce components of the above recipe are also on offer this month:

C 450654
Diced Sweet Potato
1 x 1kg

£5.25
53p per 100g
LIST £7.69



Only
53P
per 100g



C 113882
Premium Large Mint Bunch
1 x 100g

£1.19
£1.19 per 100g
LIST £2.09

Only
£1.19
per 100g

C 103556
Herb Salad Mix
1 x 250g



£2.25
£1.50 per 100g
LIST £3.19

Only
£1.50
per 100g

See all of our Fresh Produce promotions in the monthly brochure or visit www.brake.co.uk/promotions.

Prices valid 29th April to 26th May 2019. Standard T&Cs Apply.

competition! Look out for a great fresh produce competition on social media