

ones, picked from July to September, which are bursting with the best flavour of all. According to the "The Perfumed Garden", a 16th century book on the art of love, they are also an effective aphrodisiac...but only once boiled with onions and spiced with cinnamon!

Amazingly, the average Brit eats around 9000 peas a year, but rarely observing the correct pea etiquette. The proper procedure is to squash them on the back of a fork. But most of us simply settle for 'spearing' or 'shovelling' them.

#### RICHARD BRITTAIN'S PEAS



Weighing in for the Yorkshire suppliers is Richard Brittain, whose Eastfield Farm at Tick Hill, Doncaster, supplies the fresh, crisp peas

that feature in many of our dishes. Two varieties have been selected,,the double-podding Ambassador and the single pod Kodiak, both of which produce around eight tasty, dark green peas per pod.



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## GOING GREEN

*Peas and Beans...straight from the pod.*

Jack's beanstalk may have been of giant proportions, but even the more down-to-earth varieties of broad beans and peas are among nature's more accomplished climbers, reaching towards the sun and the blue skies of July and August as they come into the peak of their season.

They're high on nutritional value too...being rich in phosphorous, iron, vitamins A and C, protein and fibre. And of course, when they're freshly picked and rushed to the table, they're really high in flavour too.

So it's deliciously good news that our favourite suppliers are right here on our doorstep and more than happy to deliver...almost before the dew has a chance to dry!

#### BROAD BEANS

Among the more 'ancient' of our foodstuffs, we can trace broad beans as being part of the eastern Mediterranean diet as long ago as 6000BC...although there is evidence that they were an important staple food way back in the Stone, Iron and Bronze Ages.

One early, mystical belief was that, when offered in marriage, they would ensure the birth of a son. In fact, the kidney-shaped beans were once so valued, that theft from an open field could result in a death sentence!

On a more cheerful note, broad beans are

surprisingly versatile and, as well as being steamed and buttered in the conventional way, can be fried and spiced, roasted, and even ground and made into flour. Best eaten while young and tender they are harvested from May onwards in the warmer parts of Europe and really come into their own in our temperate climate around August time.

#### RICHARD TAYLOR'S BEANS



Richard Taylor grows beans at Odd House Farm in Little Hoole near Preston, making him very handily placed for delivering to our kitchens...with no time

wasted at all. This long established family business supplies us with Witkiem Manita beans which we've selected because their high tannin content produces an exceptionally good flavour.

#### PEAS

Peas are, very possibly, the most popular vegetable of all and, almost certainly, one of the most versatile. In the UK alone 35,000 hectares are grown every year, with the peas eventually finding their way into everything from soups to salads, from casseroles to curries, from pizzas to pastas.

Rich in Vitamin C, fibre and thiamine, freshly picked peas are a vital part of our diet and although they are mostly consumed from frozen, it's the fresh

