

Lancashire Cauliflowers



*About Harvest
The local choice*

Harvest represents a group of like minded individuals who are totally committed to providing real healthy produce grown locally. A Typical Harvest grower would be a small family business who are totally dedicated to the products they produce. The emphasis is always on locally produced to ensure top quality, freshness and support for the local community. Working in conjunction with the specialists at Sharrocks Fresh Produce the Harvest growers are constantly on the lookout for new and interesting products to grow, diversification being the key to their survival. If you are aware of any products that you wish to buy but cannot currently purchase from local suppliers then why not drop a line to the team at Sharrocks and we'll see what can be done.

freshproduce@sharrocks.com

Meet the grower

The Ascroft family have been farming the land around Holmes in Lancashire since the turn of the century so they know a thing or two about growing. The family tradition is currently in the safe hands of Peter and his wife and business partner Rosalind. Against the modern trend of monoculture (growing one crop only) they have chosen to stick to the traditional way of growing a variety of arable crops in rotation so that the goodness stays in the soil and pests and diseases are kept to a minimum. Peter says "We grow the plants from seed and plant out in the fields in March when the weather starts to warm up. In about 10 - 12 weeks they are ready to cut and harvest and my back will give testimony to the fact that I still do 95% of this job personally!"

Suited to Lancashire soil

The marsh land in Lancashire is particularly suited to the growing of cauliflowers and the plants flourish in the rich soil. This gives a very tender "curd" (the name for the white head of a cauliflower) which is particularly tasty. Even on the best land though you can still only grow cauliflowers once every 5 years, rotating with Wheat, Barley, Potatoes and Grain to put the goodness back in the soil.

History lesson

Cauliflower traces its ancestry to the wild cabbage, a plant thought to have originated in ancient Asia Minor, which resembled kale more than the vegetable that we know today. The cauliflower went through many transformations and reappeared in the Mediterranean region, where it has been an important vegetable in Turkey and Italy since at least 600 B.C. It gained popularity in France in the mid 16th century and was subsequently cultivated in Northern Europe and the British Isles.

Health Benefits

Cauliflowers and other vegetables of the Mustard family (cruciferous vegetables), such as broccoli, cabbage and kale have compounds which may help prevent cancer. These compounds appear to stop enzymes from activating cancer-causing agents in the body, and they increase the activity of enzymes that disable and eliminate carcinogens.

Grown by: H&P Ascroft, Worthinton Farm, Park Lane, Holmes, Tarleton, Preston PR4 6JN

H&P Ascroft are members of the Assured Produce Scheme.

