



Claire Pitcher finds local food producers growing the best seasonal produce, **this month... asparagus at Emmett's Farm.**



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All about Emmett's

Set on 140 acres of beautiful Buckinghamshire countryside, Emmett's has been farming for generations at Little Marlow. You can buy fresh produce all year-round from their farm shop. Buy your leeks in January, roots in February, purple-sprouting broccoli in March, rhubarb in April, asparagus in May, peas and beans in June, marrows and courgettes in July, sweetcorn in August. As summer turns to autumn, try gourds and squashes in September, Halloween pumpkins in October, cabbages of all kinds in November and, you guessed it, turkeys, geese and trees in December.

Growing asparagus

British asparagus in particular not only tastes delicious, it is also full of disease-busting properties. If you're looking for a healthier diet, this crop is packed with vitamins, is known to be low in calories, low in fat, low in carbohydrates, low in sodium and cholesterol-free. It is also said to prevent cancer and heart disease, as well as boosting your immune system.

Buy your own

As well as stock that they grow themselves at the farm, in the shop they have also sourced items from other local producers, including fresh bread, meats and cheeses. Philip Emmett, director at the farm, is particularly proud of his asparagus beds: "Our first ones were planted in 1986 and we have added a few more since. During the season, which usually starts in early April, we harvest every day to ensure the product in the shop is as fresh as possible. We use minimal inputs to encourage maximum taste and grow for flavour rather than yield."

Pay a visit

Emmett's, Wilton Farm, Marlow Road, Little Marlow, Buckinghamshire, SL7 3RR. Tel. **01628 484094** www.emmettsfarm.co.uk

