

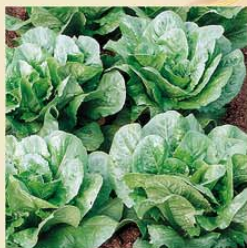
Castilla y León:

fruit and vegetables from the northwest of guaranteed quality



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www.frutas-hortalizas.com



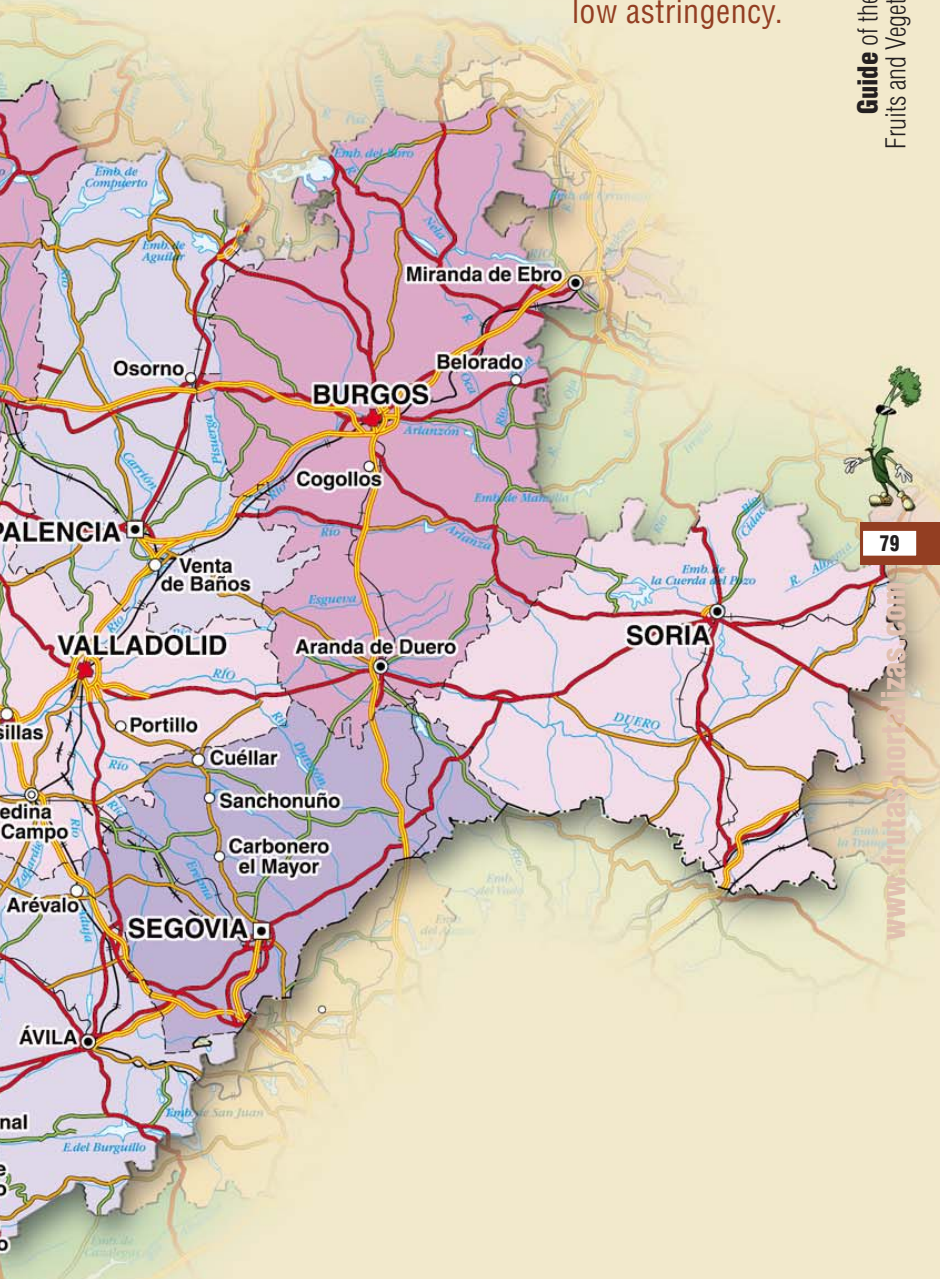
Another PGI product of the region is the Alubia de Bañeza-León bean.

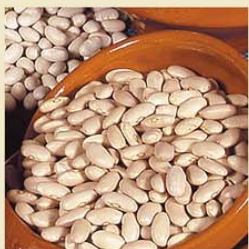


The surface area given over to fruit and vegetable growing in the Castile and León region totals 17,000 ha, chiefly in the provinces of León, Valladolid and Zamora.

Though small relative to the total arable area of Spain, some of the region's crops - like cabbage and carrot - are of nationwide significance; carrot growing accounts for 2418 ha, for instance. Strawberry is grown on a surface area of around 100 ha. Other vegetables grown in Castile and León include garlic,

Manzanas Reineta del Bierzo apples are a unique delicacy. **Peras Conferencia del Bierzo** pears are large, very juicy and sweet, and of low astringency.





lettuce, runner beans, leek, asparagus, onion, tomato, pea, peppers, chicory, melon, watermelon and Sanchoñoño endive.

Its vegetable products under protected geographical indications (PGIs) are Pimiento Asado del Bierzo(roast peppers), Lenteja de la Armuña (lentils), Garbanzo de Fuentesauco (chickpeas) and Judía del Barco de Ávila (beans).

Pimiento Asado del Bierzo is a mild roast pepper of an attractive red hue. The traditional way it is grown and roasted gives it a special flavour and a smoky aftertaste.

Lenteja de la Armuña is a dry lentil -separate from the pod- of the species *Lens culinaris Medicus* (Rubia de la Armuña variety). It is light green in colour, sometimes stippled, and grown in the north of Salamanca province.

Judía del Barco de Ávila is the protected name of the dry beans of the species *Phaseolus vulgaris*, L., which comprises the varieties Blanca redonda, Blanca riñón, Morada larga, Morada redonda, Arroquina, Planchada and Judión de Barco.

Garbanzo de Fuentesauco chickpeas are available dry, for cooking, and in ready-prepared forms. Chickpeas have a curved 'beak', are cream-coloured, and slightly rough in texture.

Chickpeas provide the body with energy and protein and are a good source of B-group and C vitamins. They are also delicious.



Among the region's fruit, the highlights are the protected designation of origin Manzana Reineta del Bierzo (apples) and the guarantee mark Pera Conferencia del Bierzo (pears). Both these delicious products are grown in an area of León province.

PDO Manzana Reineta del Bierzo apples are a unique delicacy, grown in the varieties Reineta Blanca and Reineta Gris. One wonderful dish made with these sweet, juicy apples is apple tart. In the El Bierzo district, apple tart is known as 'the taste of the northwest'.

Pera Conferencia del Bierzo pears are grown only in El Bierzo, and are picked from late August through September. The pears are large, very juicy and sweet, and of low astringency. The guarantee mark label certifies that all the pears have been checked under the applicable standard.

Another PGI product of the region is the Alubia de Bañeza-León bean. The PGI Pimiento de Fresno-Benavente (peppers) is in the process of being approved.



Pimiento Asado del Bierzo is a mild roast pepper of an attractive red hue. The traditional way it is grown and roasted gives it a special flavour and a smoky aftertaste.



Producción Integrada de Castilla y León

Producción Integrada de Castilla y León (Castile-León Integrated Farming) is 'The balanced and rational use of farming methods (seeds, fertiliser, pesticides, etc.) to produce high-quality products that respect the environment and benefit the rural setting.'

All-round benefits

- Soil, water and plant analysis.
- Rational use of fertiliser.
- Suitable use of irrigation water.
- Monitored pesticide use: only pesticides containing limited amounts of authorised products are allowed.
- Field operations monitored under Technical Cultivation Standards.
- Strict product traceability, identification and follow-up from the source plot to the end consumer.

Producción Integrada de Castilla y León (Castile-León



Integrated Farming) is a government initiative to reinforce product quality and food safety, which are increasingly important concerns among consumers.

The products covered by the Producción Integrada de Castilla y León scheme include: potato, carrot, vines, pip fruits, leek, garlic, onion, sweet corn, beetroot, lettuce, cherry and cereals.

The quality scheme is funded in Castilla y León through APRIAS (integrated farming operator associations).

The regional Department of Agriculture and Livestock helps promote and disseminate Integrated Farming at trade shows, conferences and markets.

Products bearing a Producción Integrada label bring you exceptional quality and are healthier and safer.

Producción Integrada de Castilla y León, 'the best land... the best flavour'.

■ JUNTA DE CASTILLA Y LEÓN:
PRODUCCIÓN INTEGRADA 220







SWEET CORN ON THE COB

Huercasa sweet corn on the cob has an intense, fresh, sweet flavour, and its corn grains* are a uniform size and colour all year round.

Its high carbohydrate content makes it easily digestible, and thus ideal for children and sportspeople.

The corn cobs are vacuum-packed, so you can keep them for up to 6 months at room temperature. Only Huercasa offers you the maximum quality guarantee.



BEETROOT READY TO EAT

Huercasa offers the tastiest and freshest boiled, peeled and ready-to-eat beetroot on the market.

Beetroot is energy-packed, is high in sugars and fibre and contains a wealth of minerals like potassium, sodium and calcium that support your body's functions. Beetroot is recommended for anaemia, blood disorders and convalescence owing to its high iron and sugar content. Beetroot is particularly rich in folic acid.



«PLATINUM GRAN SABOR» LEGUMES AND VEGETABLES

Huercasa's range of legumes includes lentils and chickpeas. These are wonderfully good for our health and help fight heart disease by bringing down cholesterol levels.

Lentils are one of the staples of the Mediterranean diet and a traditional food in Spain. Their high iron content make them a good anti-anaemic.

Chickpeas are a great source of protein and have a high fibre content which helps regulate the intestine.



HUERCASA FRESH ENDIVE

Huercasa offers endive - with its refreshing, slightly bitter taste - all the year round.

Endives are low-calorie because they are mostly water and have low levels of protein, fat and sugar. They also provide a good proportion of fibre, so they are good for weight-loss diets.

Huercasa endive offers the highest standard of freshness and quality.

huercasa
Máxima Garantía



Something for everyone

D.O.P. QUESO ZAMORANO

I.G.P. QUESO DE VALDEÓN

D.O.P. MANTEQUILLA DE SORIA

D.O.P. JAMÓN DE GUIJUELO

I.G.P. CARNE DE ÁVILA

I.G.P. CARNE DE MORJCHA DE SALAMANCA

I.G.P. LECHAZO DE CASTILLA Y LEÓN

I.G.P. CECINA DE LEÓN

I.G.P. BOTILLO DEL BIERZO

I.G.P. JUDÍAS DE EL BARCO DE ÁVILA

I.G.P. LENTEJA DE LA ARMUÑA

I.G.P. GARBANZO DE FUENTESALICO

I.G.P. LENTEJA PARDINA DE TIERRA DE CAMPOS

I.G.P. ALLIBIA DE LA BAÑEZA-LEÓN

D.O.P. MANZANA REINETA DEL BIERZO

I.G.P. PIMIENTO ASADO DEL BIERZO

I.G.P. MANTECADAS DE ASTORGA

AGRICULTURA ECOLÓGICA DE CASTILLA Y LEÓN (CAEGL)

PRODUCCIÓN INTEGRADA DE CASTILLA Y LEÓN

VINO CON D.O. BIERZO

VINO CON D.O. CIGALES

VINO CON D.O. RIBERA DEL DUERO

VINO CON D.O. RUEDA

VINO CON D.O. TORO

VINO DE CALIDAD DEL ARLANZA

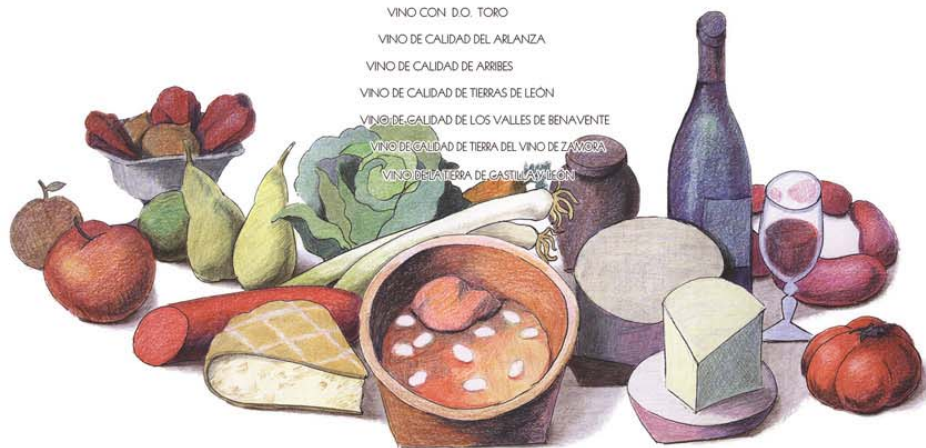
VINO DE CALIDAD DE ARRIBES

VINO DE CALIDAD DE TIERRAS DE LEÓN

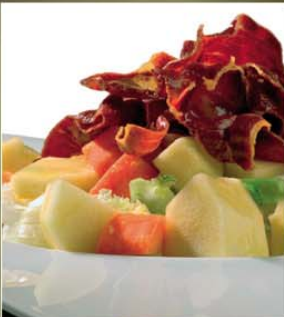
VINO DE CALIDAD DE LOS VALLES DE BENAVENTE

VINO DE CALIDAD DE TIERRA DEL VINO DE ZAMORA

VINO DE TIERRA DE CASTILLA Y LEÓN



The Reineta variety presents various distinguishing features. Externally the fruit is oval shaped, wide at the base and with a short stalk. When harvested its colour is a dull green with a characteristic matt brown speckling (Russeting) which immediately distinguishes it from other varieties of Reineta.



* Reineta apple salad from Bierzo.

Queen of Hearts

Manzana Reineta del Bierzo

www.manzanareinetadelbierzo.es



Pera Conferencia del Bierzo

www.peraconferenciadelbierzo.es



* Crème caramel made with Bierzo conference pear.

All the pears that reach the consumer contain a small sticky label which signals the official guarantee of quality. Only this label assures that the pears purchased are controlled and certified to the highest possible standards.

... Very sweet ...



Pimiento Asado del Bierzo

www.pimientoasadodel Bierzo.es



* Cod salad with roasted peppers from Bierzo.

A typical product of Bierzo which the housewives have helped to convert into a symbol of the region. Pilgrims on their way to Santiago sing the praises of this delicacy and its fame spreads far and wide.

The taste of autumn all year round

A journey through the taste buds

Distinguished quality foods
in Bierzo

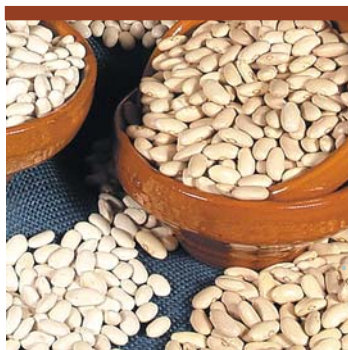


The Bañeza-León alubia bean: native pulses

Loyal consumers already knew about the wonderful Bañeza-León beans and how they differ from other Spanish and foreign produce, and their being designated by a Protected Geographic Indication (PGI) further endorses their special properties. The soil, the water, the climate and the traditional growing practices that go into these beans make them clearly distinct from others.

The PGI quality mark covers four bean varieties, Riñón, Canela, Pinta and Plancheta. Bañeza-León alubias are distinctive for their especially buttery texture and their finer skin. In addition, their high hydration capacity makes cooking times a lot shorter, so the nutritional and physical properties of the beans are thus better preserved.

On tasting the white Riñón bean, your palate will recognise a smoothness and elegance that makes it stand out. With the Canela variety,



you will savour a bean of a delightful cream colour and fine texture; Plancheta, for its part, is a highly versatile white bean that adapts to all kinds of dishes.

Finally, there's no forgetting the Pinta variety, with its intense flavour of León. It should be cooked with other traditional León products to make the most of its intensity.

All these delicacies come under the label PGI Alubia de La Bañeza-León. The quality mark brings together all four varieties, which are grown in the León shires of Páramo, Astorga, Tierra de León, Esla-Campos and La Bañeza, and in some districts of Zamora province near Benavente and Los Valles.

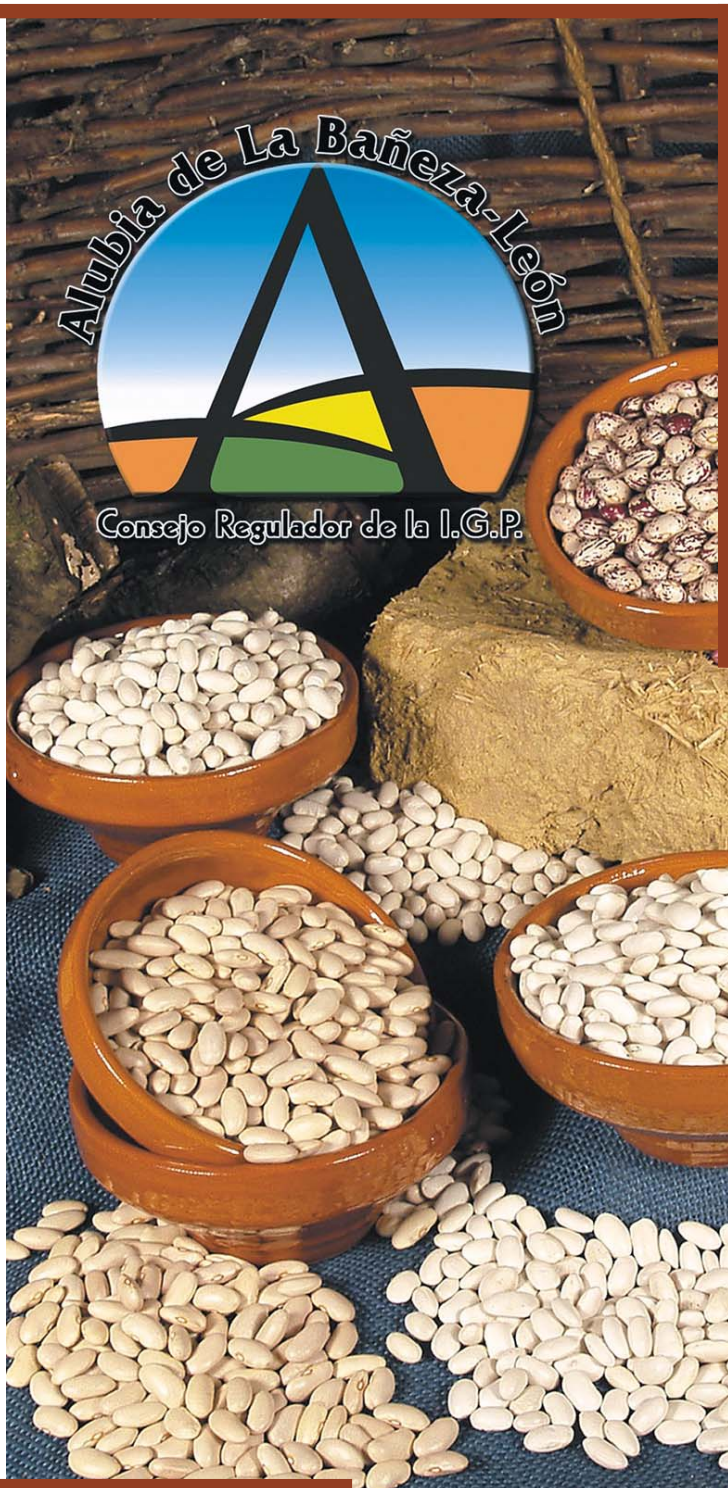
You can find this extraordinarily high-quality product at large retailers and specialist gourmet shops.

The quality mark on the back label is a quality guarantee. Make sure it's there!



ALUBIA DE LA BAÑEZA-LEÓN,
I.G.P. 218





Alubia de La Bañeza-León

Consejo Regulador de la I.G.P.

