



Castilla y León:

flavours and aromas of northwest Spain

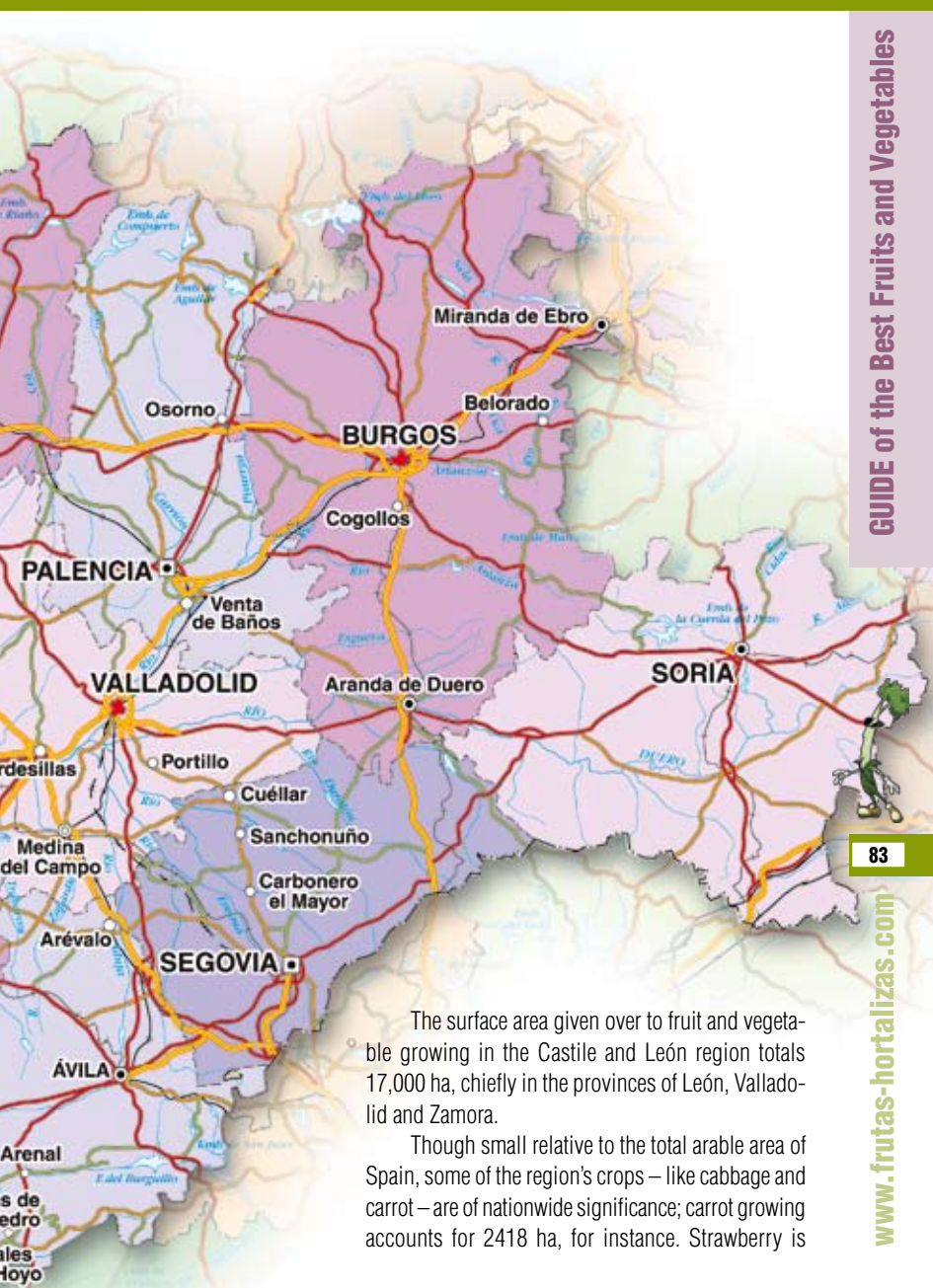


PDO Manzana Reineta del Bierzo apples include the varieties Reineta Blanca and Reineta Gris.





Photography: Sotur



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

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

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.

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.

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.

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, Arrocina, Planchada and Judión de Barco. 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.



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.



* Reina apple salad from Bierzo

Queen of Hearts

Manzana Reineta del Bierzo

www.manzanareinetadel Bierzo.es



Pera Conferencia del Bierzo

www.peraconferenciadel Bierzo.es



* Creams caramel mufin with Bierzo confiture 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.pimientoasadodelbierzo.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





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.



“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.



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.



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.





HORTÍCOLA ESMA

Villanueva de Duero, a municipality of Valladolid province on the left bank of the river Duero, is home to the state-of-the-art facilities of Hortícola Esma, a company with a track record of 25 years in washing and packing vegetables. In its home town – known for its Roman remains – the firm processes a daily input of 140 tonnes of carrot, potato and onion, 95% of which is the company's own produce.

Its star product is the carrot. This edible root is rich in carbohydrates and carotenes, which give it an orange colour and include beta carotene and provitamin A.

Each batch of carrots arriving at the plant is processed and sorted individually, and is subject to a traceability process that starts with the original seeds, thus guaranteeing product quality.

Hortícola Esma carrot is available in bunches of freshly picked roots with their green leaves, or in bags, containing various weights and sizes of trimmed, peeled and washed carrot.

Hortícola Esma, S.L. is a family-owned company with a tradition of good agricultural practice that offers consumers food they can trust.



HORTÍCOLA
ESMA S.L.

