



Cataluña:

much more than nuts





Catalonia grows around two million tonnes of fruit and vegetables a year on a surface area of over 300,000 hectares. The key vegetables are potato, tomato and lettuce. The major fruits are apple, pear, peach and nectarine.

The protected geographical indications (PGIs) of the region are Calçot de Valls (a native onion variety similar to spring onion and leek), Clementinas de las Tierras del Ebro (seedless tangerines), Patatas de Prades (potatoes), and Poma de Girona (apples), while Melocotón de Pinyana (peaches) is in the process of being registered.

Catalan horticulture is specially known for its nuts, particularly almonds and hazelnuts. The locality of Reus, Tarragona province, concentrates 92% of the land under cultivation for hazelnut in Spain, and is home to the PDO Avellana de Reus hazelnut. Spain is the world's second-largest almond exporter and fourth-largest hazelnut exporter, according to Almendrave, the Spanish almond and hazelnut exporters association (www.almendrave.com).

Spain grows over a hundred almond varieties, but there are five clearly defined commercial kinds among the highest-quality nuts: Marcona, Langueta, Planeta, Valencia or Comuna and Mallorca.

The two main hazelnut varieties are Negreta and Comuna. Negreta comes under the PDO Avellana de Reus. It is generally under two centimetres in diameter and has a sweet flavour. It is highly prized by the food industry, because the skin comes off the grain easily in the roasting process.

Nuts in general (walnuts, hazelnuts, almonds, peanuts, pistachios, pine-nuts) are high-calorie and high in unsaturated fatty acids ('good' fats that help control blood cholesterol).



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IGP - Poma de Girona



IGP (Geographical Protected Indication) Poma de Girona, is a brand developed in the frame of the European Union.

IGP is a symbol that links our apples to Girona regions. In Poma de Girona, this link is in all the stages, benefiting this way from the geographical region and from the climatic specific conditions that provide these apples their differential characteristics. Poma de Girona plantations enjoy a privileged climate influenced by the proximity of the Mediterranean Sea and the Pyrenees. The result: apples with perfect colour and with high contents of sugar.

Poma de Girona is a fresh product planted in balance with the nature, following the methods of Integrated Production, a method of production of quality food using res-



pectful methods with the environment and the health of the persons, and that are a guarantee of a healthy and sustainable fruit.

The four varieties with the badge IGP Poma de Girona are: Golden, Red Delicious, Royal Gala and Granny Smith.

They are apples with bright skin and alive and perfect colours, with a big calibre with rounded or elongated forms, according to the varieties, and symmetrical with the whitish flesh. Its flavour is, from the first bite, sweet, juicy, refreshing and full of intense smell. It is the result of taking them from the tree in the precise moment of ripeness.

Furthermore, the brand IGP Poma de Girona allows to sell only Category Extra and I fruits.





TOMACÓ

Tomacó is the tomato that Semillas Fitó offers through its El Huerto de Claudio line.

Tomacó is an old-style tomato characterised by outstanding flavour.

It's tasty and juicy, and the best tomato for spreading on bread. The juice suffuses the pulp, and the skin comes off easily.

Leading chefs recommend it for making tomato soup, mousse, sauces, gazpacho, etc. Its texture makes it ideal for culinary use, owing to its easy cooking and uniform blending without need of using an electric blender.

It is available fresh the year round in supermarkets and greengrocer's.

El Huerto de Claudio offers a range of products such as tomatoes, melons, courgettes, etc, characterised by guaranteed wonderful flavour. It caters for consumers who want to revive the authentic flavours of times past.



LE MELON DE CLAUDE

Le Melon de Claude is Europe's earliest melon. It is available in supermarkets by April.

It is a long-life, aromatic, sweet melon; its orange pulp has a delicious flavour and smell.

Le Melon de Claude is one of the El Huerto de Claudio product range, which specialises in offering the market guaranteed flavour and meet the expectations of the most demanding consumers who seek to revive the fine products and authentic flavours of the past.

Le Melon de Claude is available in supermarkets and greengrocer's in the spring season.

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www.elhuertodeclaudio.com



Desde 1880, mejorando contigo

www.semillasfito.com

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PRODUCTS WITH A DIFFERENCE FOR IMAGINATIVE CUISINE

The fruit and vegetables typically available at a greengrocer's rarely exceed 40 different species. But over its history humankind has used over 7,000 species. Pamies Horticoles is a company specialising in unusual fruit and vegetables, and its catalogue is a festival of variety and new proposals. Several of Spain's new wave of leading chefs use our range and even make suggestions. The sample shown here is just the 'tip of the iceberg'.

Pamies Hortícola is in Balaguer, a municipality that heads the administrative district of La Noguera and is the province's second-largest town after the capital, Lérida, 25 km away. A major industrial and fruit and vegetable centre, Balaguer stands on the banks of the river Segre, whose beautiful ravines afford shelter to the local market gardens.



STEVIA, THE PLANT FOR DIABETICS

Stevia is a shrub originating in Paraguay which is thirty times sweeter than sugar but contains zero calories. Josep Pàmies has personally found that an infusion of four stevia leaves taken morning and night keeps his blood pressure within normal limits, and regulates blood sugar and insulin levels. Stevia can be eaten raw or cooked.



MESCLUM MULTISABOR

Mesclum is a gourmet blend of different salad leaves. Over twenty species are included, each contributing a distinctive appearance, colour, flavour, scent and texture. The mixture provides a fascinating experience in its aesthetics and taste, and can be used on its own straight out of the bag, or added to lettuce, endives etc, to lend variety to a salad. A delicacy and a touch of class. Nutritious and healthy.



LOLLO – OAK LEAF LETTUCE BLEND

Lollo and oak leaf lettuce are available with both green and red leaves. The blend is ideal for colourful, varied salads. A bag of lollo-oak leaf lettuce blend provides a wealth of variety all ready to eat.



PAMIES | PRODUCTES HORTICOLES

www.pamieshorticoles.com



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CALÇOT DE VALLS

A calçot is a white spring onion shoot, the edible base of which is successively buried in earth (it is "shod", calçar in Catalan) as it grows so that it remains white and tender.

The result is a cylindrical, tender, white, sweet spring onion, available from January to March, and traditionally roast over a wood fire and sampled with romesco sauce. A diuretic food that helps clear up common cold symptoms, calçot contains potassium, iron, phosphorus and folic acid.

The calçot is a traditional food of Valls, in Catalonia, and the tradition is to hold feasts or calçotades at restaurants and country houses. The accompanying romesco sauce is made of dried peppers, ripe tomatoes, virgin olive and nuts, mainly hazelnut.



CALÇOT DE VALLS, I.G.P. 254



FENWAY WATERMELON

A triploid watermelon variety that adapts perfectly to both greenhouse and open air conditions.

In open-air cultivation, the medium-to-high vigour of the plant provides the fruits with good cover that prevents sunburning.

The flesh is bright red, with excellent flavour and texture. Measurements show that soluble solid content exceeds 12° Brix on average.

The skin is dark green and around 1.2 cm thick. The watermelons are round, with a small pistil. The average calibre is 5 to 6 kg per fruit.

Strong points:

Flavour and texture. It is crunchy, with a high sugar content reminiscent of the traditional flavour of watermelon.

Its calibre is commercially attractive.

In open-air cultivation, the medium-to-high vigour of the plant provides good cover for the fruits, thus preventing sunburn stains.



Available:
Picked from May in Almería to September/October (Valencia-La Mancha-Delta del Ebro).



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