

sun harvest

FOOD MAGAZINE



NO. 26 • JUNE 2024



BRIGHTON Interview with David from Embers

LATEST NEWS IN BRIGHTON

The freshest updates from the Brighton food scene delivered to your doorstep.

OUR STORY AND PRODUCTS

Discover our team, stay up to date with the best offers, and explore new arrivals!

SEASONAL RECIPES

Eating healthy has never been this easy with our tested recipes for busy people.



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sun harvest

Established in 2007

We are your local produce distributor, based in the heart of Brighton, providing excellent quality fruit, vegetables and other cooking essentials. Established in 2007, we at Sun Harvest have focused on serving our customers with an exceptional personal service which is very hard to find these days. Being located in the heart of Brighton, we have a great stretch out to our customers in Sussex and beyond.

Fresh produce and other cooking essentials

Our team of drivers and office personnel partner together in order to supply a vast range of fresh produce and other cooking essentials.

We understand busy business life, and know the importance of having what you want, when you need it – which is why we believe having a relational based partnership is the key to your satisfaction and success.



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Super Easy Cherry
Tomatoes Gnocchi



JUNE Brighton

89 St. James Street, Kemptown

Ece Dogan and her mum, Umran, have launched June, a vibrant café in Kemp Town. Offering a colourful and friendly atmosphere, June serves up delicious breakfast, brunch, and Turkish delights, alongside vegan and healthy options.

Their mission is to provide quality, wholesome food to the local community.

Open daily from 8.30 am to 6.30 pm, with extended summer hours until 7.30 pm.



NAMO' X Brighton

@The Avenue Cafe, 56 St. James Street

Recently awarded Best Pub Food at the Bravo Awards for their sister kitchen at The Eagle Pub, the fantastic team behind Namox Brighton has just opened their second modern Thai restaurant in a beautiful location in Kemptown.

Serving Thai small plates, desserts, alcoholic drinks, soft drinks and fresh, house-made herbal tea.

Open Tuesday to Saturday 6pm - 9.30 pm.



Running since 2017, the BRAVOs stand for Brighton Restaurant Awards Vote Online. The awards are a democratic award, voted for by the people for the people. In 2023 56,983 votes were recorded, making it the biggest awards with 600 Brighton, Hove and Sussex venues featured. [1]

BEST RESTAURANT

Terre à Terre

Terre à Terre continues to lead the way in sustainable and ethical dining after three decades. Renowned for its pioneering vegetarian fine dining, the restaurant maintains its innovative edge with a playful approach to cuisine. Alongside the vibrant à la carte menu, diners can enjoy tapas-style sharing plates and creative afternoon teas. The drinks list boasts English, organic, and biodynamic wines, local craft beers, and seasonal cocktails. With a welcoming and knowledgeable team, Terre à Terre remains a beloved fixture in Brighton's culinary scene.



BEST LUNCH

Lost in the Lanes



Nestled in the heart of the Lanes, Lost In The Lanes is a friendly restaurant renowned for serving up the Best Lunch in town. Their modern European menu features seasonal dishes made with the best local produce. Whether you're sharing small plates with friends or enjoying a three-course meal, each dish is a culinary delight. Don't miss their expertly crafted coffees and selection of local wines. Relax in their warm and inviting dining room while the lovely Lost team takes care of you.

BEST CAFE

Starfish and Coffee

Perched atop the heights of Queens Park, Starfish and Coffee proudly wears the crown as the BRAVO Best Cafe winner. Renowned for its mouthwatering seasonal brunches, this café draws in patrons from both near and far with its stellar reputation. With a chef trained in the classics, flawless coffee, freshly baked pastries, and locally sourced ingredients, Starfish and Coffee promises a warm welcome to all who step through its doors. Whether you're a regular from the neighborhood or an adventurous brunch seeker, Starfish and Coffee guarantees an unforgettable experience.



[1] source www.restaurantsbrighton.co.uk, visit for the full list of awards. | Photo Credit: www.restaurantsbrighton.co.uk



EMBERS

FIRE & FRIENDSHIP

Dave, Owner and Chef at Embers

EMBERS,
42 MEETING HOUSE LANE,
BRIGHTON, BN1 1HB
01273 869222
WWW.EMBERSBRIGHTON.CO.UK

Photo Credit: Embers

What's the story behind Embers and what inspired you to focus on cooking everything over an open wood fire?

So, we came up with the idea of Embers about 18 months ago. I've been working with Isaac – sorry, I worked with Isaac many years ago, and we've been really good, close friends for about 12 years. We wanted to do something together, and basically, we had a barbecue together. I've always been really interested in smoking and cooking food over woods, using wood-fire barbecues and stuff. We did a barbecue together two summers ago, and then I kind of inspired the idea

of opening a restaurant, which would make people feel like they're going to a barbecue at a friend's house, which is where our motto 'Fire & Friendship' came from. Yeah, so that, and then I just came up with the idea, and Isaac helped me put it all together, and here we are.

What's the process of designing the menu at Embers, and what considerations were taken into account?

So, we're a small plates restaurant focusing on small plates and sharing. Our dishes must be shareable. Half of our menu is vegetable-based and we offer both meat and fish.



When creating the menu, I sit down with my team, we look at what is seasonal. Every three months, we update the menu to reflect the changing seasons, prioritising fresh, in-season produce as the cornerstone of our offerings.

With both of you having a background in fine dining, how do you balance accessibility with the quality of food and dining experience at Embers?

Isaac previously owned Isaac At, one of Brighton's first set-menu restaurants, renowned for its fine dining. Embers, in a way, emerged as a response to that. It wasn't the direction we aimed for. Despite our shared background and passion for quality ingredients and flavours, we envisioned Embers as a place to unwind after a long week. The cosy ambience of a barbecue or wood-fired restaurant lends itself well to this vision. We've designed the aesthetics to be welcoming, avoiding any sense of stuffiness. It's a place where you can gather with friends, share some laughs, enjoy drinks, and savour delicious food.

What's your vision for Embers and how do you see it evolving?

I think our main vision is to continue what we're doing, maintaining our current standards and ensuring the team remains happy. We're fortunate to have a fantastic team here at Embers, many of whom have been with us since the beginning, including most of the managers and staff. Our approach is to enjoy the journey as it unfolds because progress isn't always linear. We're constantly striving to evolve our food and service to stay relevant and excel.



SEASONAL OFFERS & NEW PRODUCTS

On Offer right now:

Osprio Penne Rigate Qills 3kg bag ~~£6.95~~ Now £5.95

Desna Rose Toilet Rolls 3ply - 10 X 4 Pack ~~£15.55~~ Now £12.50 (plus vat)

Frozen Mixed Summer Berries 1kg bag ~~£6.80~~ Now £4.99

Grated mature cheddar 2kg ~~£13.99~~ Now £10.49

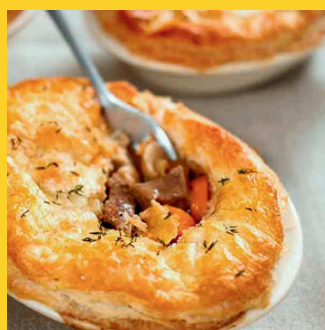
Sterling walnut halves 1kg ~~£9.95~~ Now £6.95



New in Stock:



Lutosa Luxury frozen Mash Potato 4x2.5kg



Just Roll Puff Pastry Oval Pie Tops 40x85g



Just Roll Puff Pastry Squares 96x54g

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TESTED RECIPES FOR BUSY PEOPLE

Rhubarb Crumble

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Made with just a handful of simple ingredients, like juicy rhubarb, cosy spices, and a buttery crumble, this recipe is a breeze to whip up and perfect for showcasing the vibrant produce of the season. Plus, it's super easy to make it vegan-friendly—simply swap out the butter for Flora butter and you're good to go!

Ingredients:

- 500g rhubarb, washed and cut into thumb-size pieces
- 50g granulated or caster sugar
- 1 tsp cinnamon
- 1 tsp ginger powder or fresh ginger
- 10g butter or flora butter (if vegan)

For the crumble topping:

- 150g self-rising flour
- 90g butter or flora butter, diced into 2cm squares
- 50g soft brown sugar
- 50g granulated sugar
- 50g chopped almonds
- A pinch of salt

Method:

1. Preheat the oven to 200°C/180°C fan/gas 6.
2. In a pan, melt the butter and add the rhubarb, sugar, and spices.
3. Stir in 4 tbsp of water and simmer on low heat for 15 mins until the rhubarb is soft but still holds its shape. Pour the rhubarb into a medium baking dish.
4. For the crumble topping, rub the flour and butter together with your hands until crumbly. Mix in the sugars, salt, and almonds until well combined.
5. Scatter the crumble topping over the rhubarb and bake for 35-40 mins or until golden brown on top.
6. Serve warm with a generous scoop of vanilla ice cream.



TESTED RECIPES FOR BUSY PEOPLE

Cherry Tomato Gnocchi

Looking for a quick and delicious meal idea?
Try our easy Cherry Tomato and Gnocchi recipe!

Method:

1. Boil the gnocchi until tender, then roast in a pan with a drizzle of olive oil until golden. Set aside.
2. In the same pan, sauté finely chopped white onion and garlic in olive oil until golden and fragrant.
3. Add halved cherry tomatoes, season with salt and pepper, and cook for 10 minutes until they're beautifully softened and bursting with flavour.
4. Finally, toss the roasted gnocchi, fresh mozzarella and torn basil leaves. Stir until everything is heated through and the cheese is melted.

Order all the ingredients today!



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- Quarter of A5 page £45
- Half of A5 page £85
- Full A5 page £150
- Full Back page £175



The Blue Man is a cafe bar specialising in Algerian street food. Our menu features nibbles and small plates of all flavours, from our famous cheesy dumplings, Algerian Lamb sausages, vegan spiced aubergine stew, or rosemary fries. Plenty of plates to indulge in with friends!

You may have visited the Blue Man over the past 25 years, where we've moved around Brighton in true nomadic tradition, opening up our 5th venue on Gloucester Road in the heart of the North Laine. We're looking forward to welcoming you into our beautiful new cafe bar, complete with the terrace ready for the warmer weather.

Monday + Tuesday 5 -10 pm

Wednesday to Saturday - 12-10 pm

Sundays 11 am -5 pm

Contact: info@bluemanbrighton.com | 01273809977

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