

Issue
No.1

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SUN HARVEST MAGAZINE

Our Story

Latest News

Our Products

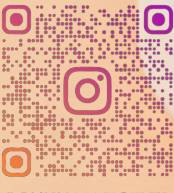
Interview w/ Dominic Ponton

Seasonal Recipes

**Plus win two hospitality packages
to Brighton vs. Arsenal!**



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OUR STORY

From humble beginnings in 2007, Sun Harvest began with just two people delivering a modest line of grocery items in a small used car.

Fifteen years later and **Sun Harvest** has a dedicated team of over 20 staff.

We're now located in a large distribution warehouse in the heart of Brighton, as a wholesaler and distributor of fresh fruits, vegetables, dairy, dried goods and frozen items, with a fleet of refrigerated vans. A far cry from where we started in our little Hyundai!

We operate throughout Sussex and pride ourselves on the exceptional personal service we provide to our customers. Our team of warehouse operatives, drivers, and office personnel, partner together to provide a vast range of fresh produce and other cooking essentials to some of the best restaurants in the southeast, as well as offering our deliveries to domestic residences.

We are proud to be the Official Produce Supplier to the American Express Elite Football Performance Centre (training ground), and provide our local team with the best locally sourced produce in the stadium's Sun Harvest Lounge at the Goldstone Restaurant.

As some of you may remember, we started the Sun Harvest Magazine in 2009 which ran for a few years. It has now been revamped and with our newsletters, we hope to bring you some insight into the local food market with news stories, restaurant recommendations, seasonal recipes, and more.

Thank you for your continuing support.

The Sun Harvest Team



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DHARMA

SPECIALTY COFFEE



Coffee, Bakery, Cocktails

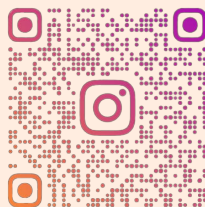
and more...

Dharma is a third-wave coffee shop focused on uniting and supporting all things good. Creativity and positivity is what sets dharma apart - with cocktails, fine dining and great coffee all proudly featuring within the intimate community space.

This speciality atelier is driven by exploring and re- telling the stories behind its products and people, cultivating a true sense of dharma with every sip.

**20 Western Rd,
Hove**

BN3 1AE



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THE GLASS DOMINO EFFECT

Coca-cola tastes better in a glass, let's be honest. With temperatures reaching sweltering heights, we want nothing more than to kick back with a crisp beverage in a cool, contoured glass bottle. Unfortunately, as many of our customers will have noticed, these glass bottles have become few and far between.

Following the pandemic, glass production was halted and manufacturers are still catching up with demand. This, along with Brexit and the war in Ukraine, has created what many have called a 'supply chain nightmare'. The rise in gas and energy prices has caused glass to be an expensive resource - both to make and buy.

Workers are also facing hardship, with the Wakefield Express reporting in June 2022 that workers at the Coca-Cola Bottling Plant on Kenmore Road, Wakefield, were being subjected to bullying tactics and threats at the factory. Unite the Union, formed by the merger of Amicus and the Transport and General Workers' Union, claimed bosses are resorting to 'bullying tactics' by threatening pay cuts if workers walk out. The staff is planning to stage an industrial action ballot for fair treatment and a living wage.

The culmination of catastrophe has resulted in glass shortages not just in the UK, but throughout Europe, so what is being done?

Dave Dalton, the chief executive of British Glass, said: "British Glass has no concern over the bottle supply in the UK. This has been confirmed by our members and does not support the stories which suggest a threat of shortage. It is the case that there is a high demand for bottles across Europe, which could lead to a knock-on effect, but it doesn't appear that there will be a shortage of bottles produced in the UK based on current demand."

These claims don't seem to have put businesses at ease, however, with many still facing stock unavailability, price increases, and extended lead times. Glass is an important factor for many businesses nationwide, whether it be material for construction, optics, or a receptacle for your favourite beverage, and there's one thing for certain - it's no longer made from liquid sand, but from liquid gold.

Sources: Wakefield Express, The Guardian, The Independent, KC Windows & Glass



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RESTAURANT SPOTLIGHT



Busby & Wilds

9 Rock St, Kempdown, Brighton
BN2 1NF

**Small Plates, Sunday Roasts,
Gastropub**

Honourable Muncheon:

Handmade, pan-fried gnocchi,
sussex nameko, oyster & shitake
mushrooms, toasted pine nuts,
crème fraîche and crispy shallots.

(GF/ VG AVAILABLE)



North Laine Café

31 Trafalgar St, Brighton
BN1 4ED

Breakfast, Brunch, Lunch

Honourable Muncheon:

Huevos Rancheros. Mexican style
breakfast of homemade spicy
chipotle beans, topped with
cheese, organic fried egg &
avocado salsa on a toasted tortilla.
Offered with fried mushroom or
chorizo sausage.



DOMINIC PONTON, NORTH LAINE CAFÉ

In this issue of **Sun Harvest magazine**, we interviewed **Dominic Ponton**, the director and general manager of **North Laine Café**, Trafalgar Street, Brighton.

Before joining the hospitality industry, Dominic had worked in motorcycle sales for a number of years. The drastic change, he says, was down to hospitality being 'a lot more local to home, which was a big draw for me... I've got 2 children that take up most of my time, so I enjoy spending time with my family.'

North Laine Café is well known for their breakfast & brunch dishes, which is no surprise as Dominic claims breakfast to be his favourite meal, 'I enjoy a proper full English breakfast or breakfast with all the trimmings, I think it sets you up for the day!'

North Laine Café, previously The Laine Deli, has been a staple venue in the North Laines for many years, 'It had started before I joined back around 2007 I believe, so it's fairly well established now. It started as a second branch of another still existing, similar deli in Brighton, but then got sold as a separate entity. I took over here in early 2011, so it was a pre-existing location, and I've just pursued modernisation and expansion since then, changing menus and layout, just striving to improve and grow on what we do.'

Brighton's North Laine District is a hub for many pubs, restaurants and café's, so what sets the North Laine Café apart from the other businesses? 'I think the location and outside seating area is one of our real unique things,' says Dominic, 'to be able to sit in the middle of Brighton by the North Laines, on a private patio area, not on a pavement and people brushing past you, and just enjoy a drink or good food. You look up and down the road, and every other outside seat is on the pavement, so it's a little bit different in that way.'

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I could say "oh, our food is amazing!" but there are so many places in Brighton offering brilliant quality food. I'm not going to knock anyone else's food, there's a lot of places doing a really good job, but I think it's the environment and location that really sets us apart.' And what is the key to his success? 'I enjoy food and I enjoy people, and it sort of brings those things together. I worked in retail for years and years, always working with people, face-to-face, and this just sort of marries the two. You've got the interaction with the customers on a daily basis, but you've also got producing great food, and making people happy.'

Dominic's drive and passion has been key to his success, but moving from one industry to another comes with its challenges. 'Starting off at The Laine Deli was a very sharp learning curve because I came from a completely different industry, and I did come into it quite blind at the start, so I probably would go and work somewhere else first, learn the ropes a bit more, rather than jumping in. I'm still learning stuff now, but I knew nothing about the way the industry operated with suppliers and things like that. I think with the management aspect, I was previously a manager anyway, but when it's all on your shoulders, it's a lot different to when you've got a company backing you up. I've learnt an awful lot about all aspects of business, rather than just the food. It's about running the business and how hard it can be at times.'

We are proud to say the North Laine Café has been a customer of Sun Harvest for almost 10 years, and to Dominic, the most important aspect is the customer service, 'There's always someone on the other side of the phone, or there to answer your emails,' he says 'Everything is covered. They've got a good variety of stock, quality is always good, so why change a good thing?'

In terms of the future, Dominic plans to continue his pursuits of modernisation and expansion, 'In the future, I'd like to think we would have expanded and have a second outlet or more maybe. It would be nice to think we are still growing and fulfil that ambition in 5 years time.'

And we hope we're there for the ride.



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FROZEN SAUSAGES

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Best Butchers Sausages

Best Butchers Cumberland 8	10 x 908	£42.00
Best Butchers Cumberland 6	8 x 1.5kg	£52.80
Best Butchers Pork Sausage 8	8 x 1.5kg	£52.80
Best Butchers Lincolnshire 4	8 x 1.5kg	£52.80



Catering 8 Sausages

Best Cumberland 8's IQF	1 x 4.54kg	£16.29
CP Sausage 8's	1 x 4.54kg	£14.49
Delenco Cumberland 8's	1 x 4.54kg	£10.25
Penny Lane Herb Sausage 8's	1 x 4.54kg	£11.19



Catering 6 Sausages

CP Sausage 6's	1 x 4.54kg	£14.49
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Catering 4 Sausages

CP Jumbo Sausage 4's	1 x 4.54kg	£14.49
Delenco Cumberland 4's	1 x 4.54kg	£10.25
Penny Lane Cumberland 4's	1 x 4.54kg	£12.70



Other Sausage Products

CP Jumbo Saveloy	1 x 4.08kg	£14.49
KaterVeg Vegan Sausages	48 x 56g	£14.50



THE HOUSE RESTAURANT



"Brighton's Steakhouse in The Lanes"

"Reputation, Reputation, Reputation"

You can't beat a good one, and that's exactly what "The House"
in The Lanes Brighton has in abundance.



Simply regarded by Brightonians' as 'Brighton's best kept secret' and famous for its 'spot on menu', it's hardly surprising that you are hard pushed to get a table at the weekends without a prior booking.

The menu is modern British bistro, where fish and steak dishes are the mainplayers. Daily specials boards complement the main a la carte menu and the steak dishes are of particular note. There really is something for everybody at The House.

If you fancy a fabulous meal out with friends, a romantic meal for two, a meal alfresco on the 70-seater outdoor heated terrace or are celebrating a special anniversary with friends and family, The House really should be your first port of call.

The House Restaurant | 37 East Street | Brighton | East Sussex | BN1 1HL
www.thehouserestaurant.co.uk | bookings@thehouserestaurant.co.uk

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email us at the address below.

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FRUIT & VEG SPOTLIGHT



An 80g serving of fresh figs provides:

- 1.0g protein
- 0.2g fat
- 7.6g carbohydrate
- 1.6g fibre
- 160mg potassium
- 12mg magnesium
- 30mg calcium
- 120mcg carotene

Fig

/fig/ a soft pear-shaped fruit with sweet dark flesh and many small seeds, eaten fresh or dried.

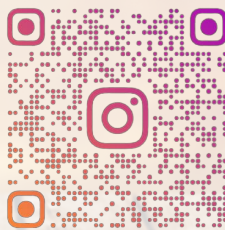
Figs are a staple food from summer to autumn. They range from pale pink/brown to crimson amber. Figs can be enjoyed preserved, roasted, or with cheeses, yoghurt, and ice cream, or better yet - raw. Skin, seeds, and all.

Figs are known to be rich in antioxidants, support healthy blood pressure, bone health and digestive health.

Source: BBC Good Food



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CINNAMON PANNA COTTA, ROAST FIGS

Makes 4 small panna cotta

For the panna cotta:

gelatine 2 leaves
double cream 350ml
cinnamon 3 sticks
vanilla 1 pod
caster sugar 100g
buttermilk 150ml



For the figs:

figs 8, small and ripe
redcurrant or apple jelly 4tbsp

Method:

- Put the gelatine in a bowl of cold water to soften. Pour the cream into a small non-stick saucepan and add the cinnamon sticks broken in half. Split the vanilla pod in half lengthways and scrape the seeds into the cream. Add the empty vanilla pod and sugar to the pan, then bring to the boil.
- Remove from the heat, cover and leave to infuse for at least 20 minutes. Warm the cream briefly (it doesn't need to be very hot), then gently squeeze out the water from the softened gelatine, then add it to the cream and stir to dissolve.
- Pour the buttermilk into the cream, stir gently, remove the cinnamon then pour through a fine sieve placed over a jug.
- Pour the mixture into 4 small ramekins, glasses or cups, place in the fridge and leave to set for 4 hours. Should you wish to unmould the panna cotta, dip each ramekin into a bowl of hot water, briefly. Tip on to a plate and shake firmly until the panna cotta slides out, then serve with the figs below.
- For the sauce: melt the redcurrant or apple jelly in a shallow pan over moderate heat. Unless the figs are very small, cut them in half and place them, cut side down, in the melted jelly. Let the figs cook for 5 to 10 minutes, until they have started to soften. Transfer the figs to a serving dish and spoon the melted jelly over them.

DUCK WITH FIGS AND BAROLO

Makes 2 servings

duck legs 2
thyme a few sprigs
figs 4, small and ripe
wine a glass of red,
such as barolo
salt & pepper



Method:

- Preheat the oven to 400°F (200°C). Season the duck legs with salt and black pepper, tuck in the thyme sprigs, then roast in the oven until golden and crisp-skinned—a matter of 25 to 30 minutes or so.
- Holding the duck in place with a spatula, pour off the fat and reserve for another day. It will be wonderful for potatoes. Cut the figs in half and tuck them, cut side down, around the duck. Pour in the red wine and place over medium heat until the wine has evaporated by half and the figs have softened, scraping any crusty bits from the pan into the wine.



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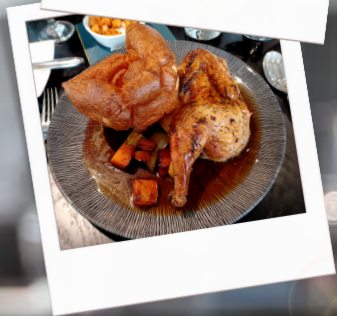
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WIN HOSPITALITY TO THE LAST PREMIERE LEAGUE MATCH OF THE YEAR!

**2 x hospitality places at the AMEX Stadium for
Brighton vs Arsenal on 31st December 2022**

The hospitality package includes:

- Premium central seating in the East Stand
- Private table with full hospitality and inclusive drinks in the Goldstone restaurant
 - Matchday programme
 - Car parking

How to enter:

Place a home delivery order between 14th October 2022 and 14th December 2022 and enter the hashtag "#BRIGHTONARSENAL" in your order notes at checkout to be entered into a prize draw.

Multiple entries accepted. £35 minimum order.

Winner will be contacted **via email** on 19th December 2022.

WIN

£30 WORTH OF FRUIT AND VEGETABLES

How to enter:

Place an order over £35 **via our website** during October 2022 and enter the hashtag "#SUN30" in your order notes at checkout to be entered into a prize draw. Multiple entries accepted.

There are multiple winners for this one, so get ordering!

Winners will be contacted **via email** on 30 November 2022.



1. The promoter is: Sun Harvest Ltd. (company no. 06199261) whose registered office is at Unit 8.1, The Hyde Business Park, Auckland Drive, Brighton, BN2 4JE.
2. The competition is open to residents of the United Kingdom aged 18 years or over except employees of Sun Harvest Ltd. and their close relatives and anyone otherwise connected with the organisation or judging of the competition.
3. Entrants must live within the BN postcode area.
4. By entering this competition, an entrant is indicating their agreement to be bound by these terms and conditions.
5. Only 1 competition can be entered per order.
6. No responsibility can be accepted for entries not received for whatever reason.



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