

sun harvest

FOOD MAGAZINE



NO. 28 • FEBRUARY 2025



BRIGHTON
Interview with
Tim Hill from We Love Falafel

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.



www.sunharvestltd.co.uk



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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We Love Falafel recipe
of Basil and Cashew
Falafel (vegan)

HAUS ON THE HILL

58 Southover St, Brighton BN2 9UF

Haus on the Hill is a cozy pub in Hanover, Brighton, blending the charm of a traditional pub with a modern flair.

Known for its classic homemade dishes reimagined with a contemporary twist, it offers a menu that caters to both comfort food lovers and adventurous palates.

Whether it's their elevated takes on pub staples or seasonal specials, every plate is crafted with care. Pair your meal with a selection of Brighton's finest local beers, celebrating the vibrant craft brewing scene. With its warm atmosphere and commitment to quality, Haus on the Hill is a true neighbourhood gem.



Food photography by: Xavi Buendia



NANNINELLA

26 Preston St, Brighton BN1 2HN

Nanninella Pizzeria Napoletana offer traditional and authentic Neapolitan Pizza and street food to Brighton and Hove. Each Pizza is crafted with care, passion and love.

You can enjoy a true taste of Naples when coming to visit Nanninella!

Berrisons Deli

80 Church Rd, Hove
BN3 2EB

Nestled in the heart of Hove, Berrisons delicatessen is your local 'farm shop on the high street', offering a delectable taste of Sussex.

With a passion for sustainability, we bring you the best local produce, including gourmet toasted sandwiches, artisan cheeses, cured meats, sweet and savoury treats, hand-crafted preserves, beer, spirits, wine, and exceptional coffee.

Berrisons is the go-to spot for food lovers who appreciate quality and care.



Reading Room

Black Rock, Madeira Dr,
Brighton BN2 1FY

The Reading Room Refectory in Brighton is a beautifully restored gem blending rich history with contemporary charm. Housed in an iconic 1835 building with stunning sea views, it was once a serene retreat for Lewes Crescent residents. Now, under new ownership, it has been reimagined as a cosy community hub where locals can enjoy coffee, cake, and comforting dishes. Celebrating its heritage, the Reading Room also supports local artists, creating a vibrant space to connect, relax, and inspire. Perfect for gatherings or quiet moments, it's a true Brighton treasure.



The Coconut Island

03 Western Rd, Brighton
BN1 2AA

The Coconut Island is a vibrant Sri Lankan restaurant that brings the heart of Sri Lanka to life in every dish. Combining authentic Sri Lankan flavors with a modern twist, the menu offers a diverse range of options, including meat, vegetarian, vegan, seafood, and coconut-based dishes, ensuring there's something for everyone. Alongside signature tropical cocktails and a warm, island-inspired atmosphere, The Coconut Island creates an unforgettable and immersive dining experience rich in spice, flavor, and culture.



WE LOVE FALAFEL

Interview with Tim Hill,
Owner at We Love Falafel

WE LOVE FALAFEL

37 SYDNEY ST, BRIGHTON BN1 4EP
8 POOL VALLEY, BRIGHTON BN1 1NJ

INSTAGRAM: @WELOVEFALAFEL

Photo Credit: We Love Falafel

Can you tell us about the inspiration behind We Love Falafel and how it all began?

We Love Falafel started 15 years ago, and Ben and I took over a couple of years ago. Our goal was to offer fresh, vegetarian food that is both affordable and accessible. Falafel was the perfect choice. We make it fresh in-store every day, which not only ensures freshness but also helps us keep our prices low.

Do you have a seasonal menu?

We have a fixed menu with three staples: Original, Sweet Potato, and Beetroot falafel. In addition, we offer a rotating daily special, such as Masala Falafel or Hoisin Falafel.

What's your personal favourite?

I love falafel with sun-dried tomatoes and basil. It's simple but incredibly tasty.

Why did you choose falafel as the centerpiece of your menu?

Falafel is fantastic food—minimally processed, vegan, low-carb, and humble. It allows us to feed a lot of people at an affordable price while keeping the environmental footprint smaller than animal-based products.

What are the key ingredients you rely on to ensure top quality in your dishes?

The most important ingredient is the chickpeas—they must be of the highest quality. We also use the best oil for frying. Our Original Falafel contains ten ingredients, and all must be fresh and top-notch to ensure great flavor.

How do you decide on new menu items, and what inspires your recipes?

We focus on what's in season. (Continue)

WE LOVE FALAFEL

For Halloween, we made Pumpkin Falafel, and for Christmas, we created Cranberry and Chestnut Falafel with cranberry sauce. We're also working on a Swedish Meatballs-inspired falafel. Our team is very involved, and we listen to their ideas for new recipes.

What's a fan-favorite dish that customers can't stop ordering?

The Sweet Potato and Halloumi combination is incredibly popular, as is the Vegan Melt, which we introduced a couple of years ago.

How has working with Sun Harvest impacted your daily operations?

We've transitioned nearly all our supplies to Sun Harvest, moving from 60% to 90%. It's fantastic how easy it is to communicate with your team—whether through calls, WhatsApp, or email. The personal touch makes a difference. Sun Harvest even checks in personally to ensure everything is running smoothly. Deliveries are always on time, and if we make a mistake or need something urgently, someone always steps



in to help. Moving to Sun Harvest has been one of the best decisions we've made—it's simple, reliable, and stress-free.

Are there any particular products from Sun Harvest that have become key ingredients in your menu?

Many of our dishes rely on Sun Harvest's fresh produce and quality ingredients. They play a big role in maintaining the high standards we aim for.

What feedback would you give to Sun Harvest as your supplier for continued support?

I have no constructive changes to suggest. Your system is efficient, and I appreciate how professionally and promptly all issues are resolved.

Any plans for expansion?

This year, we opened a second site at Pool Valley. It's been a challenging year with plenty of learning, but we've also introduced delivery services, which has been an exciting step forward.

We're excited to introduce Wild Oats Oat Milk, now available to order from Sun Harvest! 🥛 ✨

"Keep it simple" isn't just a saying—Wild Oats truly lives by it. No long ingredient lists, no added sugars, no unnecessary sweeteners—just the pure, creamy goodness of British oats. 🇬🇧 🌱

- ✓ Made with British oats
- ✓ No added sugar or sweeteners
- ✓ Minimal miles, maximum sustainability

Perfect for coffee shops, bakeries, and kitchens looking for a wholesome milk alternative with unbeatable quality. Order yours today through Sun Harvest and let's keep it simple, delicious, and sustainable!



CONTACT US TODAY FOR A SAMPLE

SPECIAL OFFERS - SPECIAL OFFERS - SPECIAL OFFERS - SPECIAL OFFERS

March
Available from
01/03 - 31/03/2025

Sterling ground almond 1kg



£6.99

Britannia Caster sugar 2kg



£2.99

April
Available from
01/04 - 30/04/2025

Meadow spray cream 6x500gr



£18.99

Penne Osprio 4x3kg



£15.66

All products are subject to availability. All offers in this promotion are while stock lasts.

May
Available from
01/05 - 31/05/2025

Wenlock still water glass 24x330ml

----- or -----

Wenlock sparkling water glass 24x330ml



4 cases only
£34.99

NEW PRODUCTS



Hot Chocolate Powder
Zuma 25% cocoa



Kimchi 3kg



Sushi Rice 20kg



Green Cola Can
24x330ml



**Shelled Edmame
soybeans (frozen)**
500gr



**Fresh Whole
Salmon**



**Jam Chilli
Stoke 2.4kg**

Lion



Dijon Mustard
2.27ltr

English Mustard
2.27ltr

Caesar Dressing
2.27ltr

Horseradish Sauce
2.27ltr

Mint Sauce
2.27ltr

**Coarsegrain
Mustard**
2.27ltr

*Available
single or x2*

**Caramelised Red
Onion Chutney**
1.25kg

*In resealable
pouches, available
single or x4*



WE LOVE FALAFEL SIGNATURE RECIPE

Basil and Cashew Falafel (Vegan)

A simple twist on falafel. This is one of my favourite specials. Made using whole ingredients with high nutrition and plant-based protein make a great lunch, or served with some homemade fries for a larger dinner.

Ingredients:

For the Falafel:

- 2 Cups Dry Chickpeas (Soaked overnight)
- 1/2 Cup Cashew Nuts
- 1 Spanish Onion
- 40g Basil
- 2 Tablespoons Black Sesame Seeds
- 2 Whole Red Chilli Peppers
- 1 Tablespoon Salt
- 3 Cloves of Garlic

For the Basil Cashew Sauce:

- 1 Cup Cashew Nuts (Soaked Overnight)
- 40g Basil
- 3 Small Green Chilli Peppers
- 2 Teaspoons Salt
- 1 Lime

Additional Ingredients:

- Rapeseed Oil
- Flatbread/Wraps
- Salad of your choice

Method:

For the sauce:

Add the soaked cashew nuts, basil, salt and green chilli peppers into a blender with some water and blitz. (Add more water to slacken if necessary. Add lime juice to taste.



Order all the ingredients today!

On the website, please click on the WhatsApp icon and send us a message to request login details to our website if you have not already registered with Sun Harvest.

For the Falafel:

After soaking the chickpeas in water overnight, drain the water and then blitz in a food processor until left with a coarse mix. Add to a mixing bowl.

Put the dry cashew nuts in the food processor and pulse until broken up but so that there are still some large pieces and add to the chickpeas.

Slice the onion and add this to the food processor with the basil, garlic and red chilli peppers, and blitz until smooth.

Add this mix to the chickpeas and cashew nuts.

Add in the salt and black sesame seeds and thoroughly mix together by hand.

Next heat 5 cm of rapeseed oil in a pan to 175 degrees celsius. Alternatively use a deep fat fryer.

Mould the falafel either using a falafel press, or between two tablespoons so that they are roughly 4cm in diameter. Carefully drop into the oil and fry for 3 minutes and twenty seconds, or until golden brown and cooked through. Remove from the fryer and allow the excess oil to drain thoroughly before serving.

To serve, add your choice of salad to a toasted flatbread, or wrap. I've gone for lettuce, rocket, carrot, cucumber and some red cabbage (I tossed the red cabbage with some lemon juice, dijon mustard and agave syrup as a simple marinade.)

Place the falafel on top and thoroughly dress with the sauce. Garnish with more red chilli and black sesame seeds.

RESTAURANT HIGHLIGHT

PARIS WINE BAR

119 Church Rd, Hove BN3 2FN

Established in 2011 by two International wine connoisseurs, Paris Wine Bar has become an integral, essential, part of the Hove scene. Their mission: to bring people home! And they do, time and time again! Step over the threshold of Paris Wine Bar, and immerse yourself in a space that is traditional but timeless, elegant and refined, and always warmly welcoming. Traditional oak beams and exposed brickwork, beautiful mahogany and copper, classic Chesterfield seating – everything about Paris Wine Bar is designed to welcome and relax you. Gentle lighting and soft music complete the ambience inside, before you walk through the French doors to experience our Italian-styled garden.





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Scan&Shop

On the website, please click on the WhatsApp icon and send us a message to request login details to our website. If you have not already registered with Sun Harvest.

Exclusive Offer for Home Customers! 🎉

Sun Harvest is delighted to offer a 10% discount on your fresh produce orders!

Use the code **BHAFC10** at checkout on our website and enjoy top-quality fruits, vegetables, and pantry essentials at a great price.

Stock up on the freshest ingredients, delivered straight to your door!

Shop now at <https://www.sunharvestltd.co.uk/> and save with BHAFC10.

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