



Bushel Box is... the place where we look at the wider world of food, inspiring the produce industry with new trends and ideas. It is also open to our readers to tell everyone about events and dates for their diaries. Go to our Facebook page and Twitter to interact.

Spring into summer



—Macarons galore



—Chateau Smith Haut Lafitte

For anyone doubting the continued attraction of Ladurée macarons, I can tell you they are still one of the most popular sweet offerings with at least three appearances this week at parties one attended, writes *Samantha Lyster*.

At the French cosmetic brand Caudalie's launch party for its new Premier Cru cream at the Soho Hotel, tables were heaving with the colourful creations, including what can only be described as mini blancmange-filled pasties. A box of Ladurée treats, with their citrus and pastel colours, are the perfect inspiration for lightening up the dinner menu – bright salads and vegetables while the heavy stews are consigned to another winter.

There was another reason for attending the Caudalie gathering, the brand was born out of a vineyard, Chateau Smith Haut Lafitte in Bordeaux, and along with showing the new products we were treated to a tasting of the wine that founded a cosmetics empire. A must for a spring dinner party.



Talking heads

Sally Wisbey, Nutritionist
WWW.SALLYWISBEYNUTRITION.CO.UK

We are told to eat 5 A Day, but do you think we should be eating more than that?

The problem with a lot of produce is the way it's processed and packaged. With 'fresh' foods, time spent in storage, transportation and sitting on shelves can often mean a lot less nutrients.

You then have fruits and vegetables that have already been cut and prepared – these may look healthy but a lot of nutrients have been lost in the process. Other factors such as smoking, alcohol, stress, medications, environmental and radiation caused by computers and mobile phones all deplete nutrients making our demand higher. I think we should aim for seven to ten portions. **What do you think of juices, do you think we can get the nutrition we need from things like green juices?**

It can often be tricky to meet your daily quota so juicing is a good idea as you can include as many different fruits and vegetables as you want. Adding in green vegetables such as spinach, cucumber or avocado can sound ghastly but can be disguised well. Green powders can also be a great way of increasing nutrition as these are often packed with ingredients such as spirulina, wheatgrass and chlorella which are bursting with health benefits.

What can people do to improve their digestion?

Digestion starts in the mouth so chew food thoroughly. Do not eat on the run and eat small meals regularly. Avoid sugary foods that can cause bloating and discomfort.

A little extra...

LOCAL FOOD HIT GASTROPUB DELIGHT

Despite its name, The Butchers Arms pub in Hepworth, West Yorkshire, is known for using local, seasonal fresh produce. It has now secured a listing in the Gastropub Top 50 listings.



Top 50 Gastropubs is compiled via a poll of over 500 voters.

A GRAPE LEAP NEW SNACKING FORMAT

Eosta is introducing Bio & Go, a range of organic fruits and veggies in handy shakers. Snacks include tomatoes, delicious blueberries, colourful baby carrots, grapes and exotic dates.



The new line is aimed at the on-the-go snacking market.