

— VARIOUS — VEGETABLES

The vegetable sector in Finistère is characterised by a great diversity both in terms of farming models and the products grown. However, certain vegetables such as cauliflower or artichokes have been losing their popularity somewhat in recent years. These historical vegetables are no longer particularly well suited to consumer expectations: cooking time, portion, smells, etc.

While maintaining this traditional production (potatoes, cauliflower, artichokes), professionals are diversifying their crops by offering mini-vegetables, heirloom vegetables and exotic flavours.

THE CABINET of VEGETABLE CURIOSITIES

Ancient vegetables arouse our curiosity through their names and the diversity of their colours.

..... In neighbouring areas

In Cléder and Plounevez-Lochrist, we can find: tuberous chervil, parsnip, Jerusalem artichoke, swede, beetroot (chioggia, white, crapaudine, yellow), root parsley, not orange but purple, pink, white and yellow carrots, tuberous nasturtium (tuber of the nasturtium flower), oca from Peru (a yellow or red tuber, the ancestor of the potato) and much more.

But the most unusual is perhaps the Chinese artichoke, a small vegetable just 8 millimetres in diameter and shaped like a maggot. Originally from the Far East, it has been cultivated in Europe since the 19th century and has a taste similar to artichoke or salsify.



carrots



crosne

The most nuanced

The cabbage

Latin name
Brassica oleracea

Breton name
Kaol

Family: *Brassicaceae*

Origin: *European Atlantic Coasts*



Cabbage also comes in a range of different shapes, sizes and colours. In our region, the cauliflower is the head of this large family. Its cousins, the orange and purple cauliflowers are grown around Cléder and Saint-Pol-de-Léon. Headed cabbage, meanwhile, finds its place in light and refined dishes. Originally from Italy, Romanesco cabbage and broccoli have also come to invade the fields of Finistère.

The most selective

The Roscoff onion

Latin name
Allium cepa

Breton name
Ognon Rosko

Family: *Amaryllidaceae*

Origin: *A seed from Portugal brought to the bay of Roscoff in the 17th century*

Here, producers have been able to gain recognition for the quality and know-how of their production through the creation of protected designations of origin such as the Roscoff onion. This variety differs from the yellow onion by its pink colour, but also by its stronger, more pronounced taste and natural preservation qualities. This variety meets some very strict specifications, including one of the key criteria: its geographical area. On the Côte des Légendes, this includes the municipalities of Kerlouan, Plounéour-Brignogan-Plages, Goulven and Plouider. Another protected designation of origin requirement: each bulb must be hand cleaned, braided or trimmed.

The most exotic

The shiitake mushroom

Latin name
Lentinula edodes

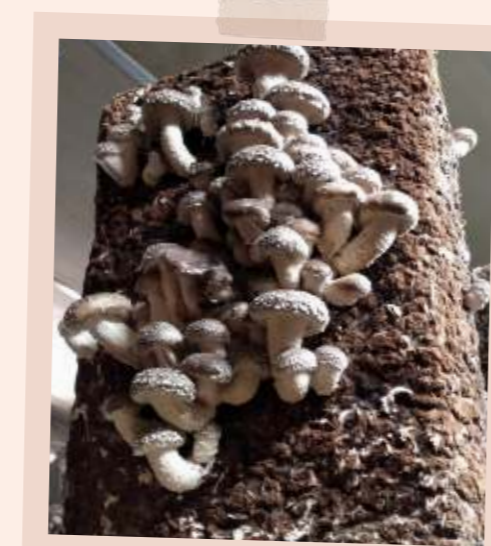
Breton name
Shitake

Family: *Marasmiaceae*

Origin: *Far-East / Japan*

In Plouider, under old chicken coops, a vegetable from another land has been growing for 10 years: the shiitake mushroom. It is the second most cultivated mushroom in the world, and one of the most fragrant. This mushroom has been produced in Brittany since 1988.

Originally, the fungus grew in Japan on a tree related to the oak tree. Here, cube-shaped «substrates» made up of wheat straw, oak sawdust and water take the place of the shiitake's original host.



In summer, this fungus grows at a rate of 1 mm/hour!

When they reach maturity, the shiitakes are torn from the substrate. They are then packaged in wooden crates, to be sent to Kerlouan and distributed by the Saint-Pol-de-Léon SICA*.

* Agricultural cooperative which brings together nearly 800 producers, producing 203,000

The most expensive

The Chinese artichoke

This vegetable is mainly sold during the Christmas holidays, with prices varying between €20 and €30 per kilo.

The least known

The Peruvian oca



The most graphic

The chioggia beetroot

And its mesmerising concentric circles



THE FUTURE of VEGETABLE PRODUCTION

in the Côte des Légendes.

Half of all farms in France now specialise in crop production.

Brittany is home to more organic vegetable-growing areas than any other region in France.

There are 760 organic vegetable farms in Brittany 35% are located in Finistère.

With increased quality requirements (organic crops, removal of pesticides, local supply chains), the agricultural sector is constantly adapting and evolving. While the number of farms in France has reduced, organic vegetable cultivation is on the rise and seeks to optimise everything upstream in order to limit the use of chemicals: adapted varieties, agronomy, planting dates, seasonality, etc.

Becoming a farmer today means adopting new techniques and moving towards greater self-sufficiency on the farm. This requires training, learning and discussion. In the Côte des Légendes, many young people have opted to pursue this career by joining the IREO, the Lesneven agricultural school, which offers training from age 13 through to the professional bachelor's diploma, alongside adult vocational training and a resource centre for the region and its agriculture.

THE IREO :

250 students per year

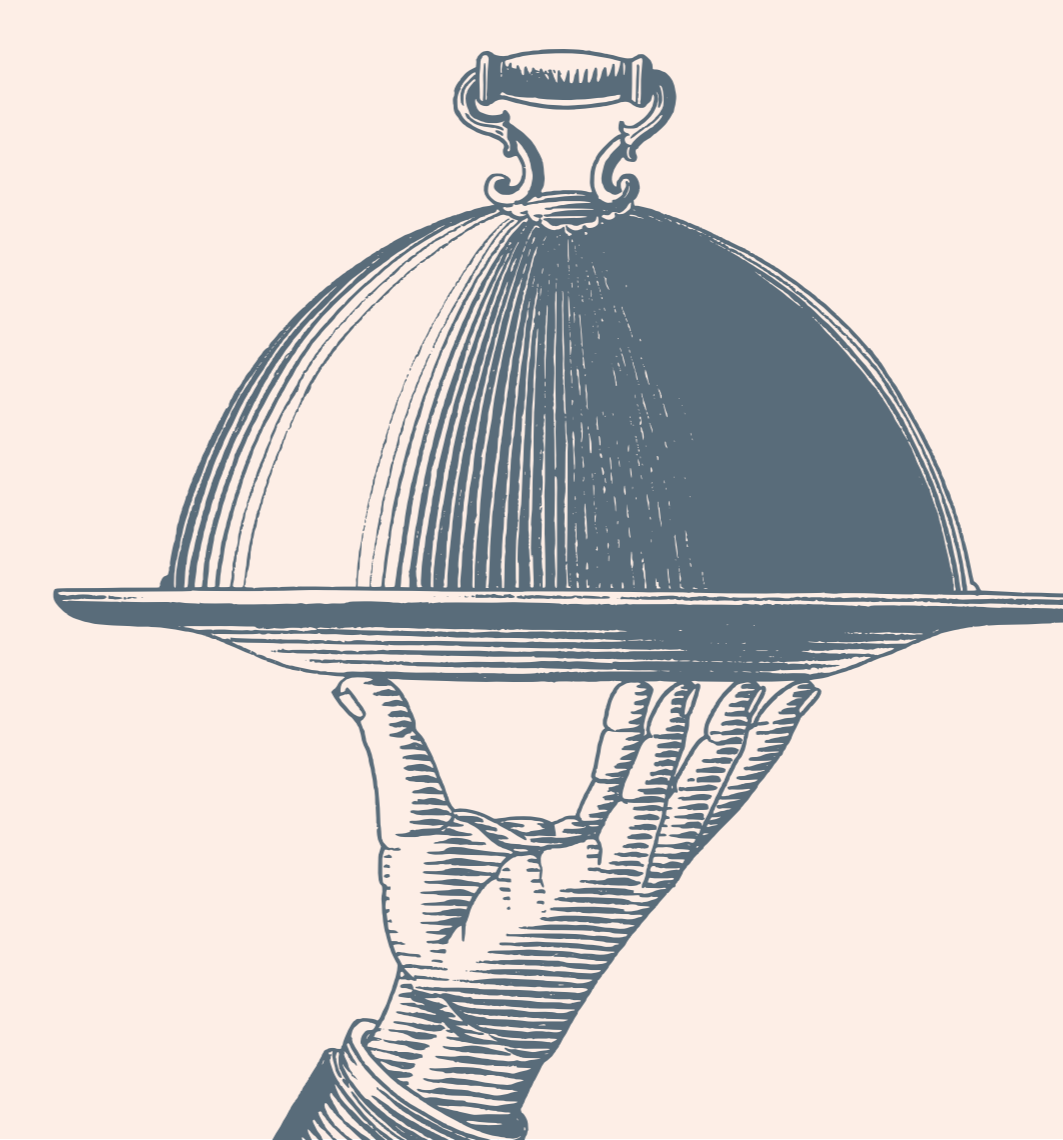
80 young people in work-study placements

102,000 hours of adult training for 600 students per year

Over 650 partner companies

- simple - SHIITAKE SOUP

Serves 4



INGREDIENTS

150 g shiitake mushrooms
50 g onion, finely chopped
1 minced garlic clove
1 teaspoon grated fresh ginger
2 tablespoons soy sauce
1 litre of mushroom or vegetable broth
a few green stalks of spring onions to garnish
a few drops of sesame oil, to garnish (optional)

Remove the stems from the shiitake mushrooms and set aside for a broth.

Place all ingredients except the garnishes in a large saucepan, and bring the soup to a boil.

Cover and simmer for 30 minutes. Season the soup with salt and pepper. (We season at the end because salt is already added to the soup by the soy sauce.)

Serve the soup, sprinkled with the green stalks of spring onions and a drizzle of sesame oil.

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