



## Farmers Market Pop-Up Brunch Food Factoids

The **Isle of Colonsay Honey** (Ark of Taste) is unique in that it is from a colony of black bees which live on the island – and nowhere else. The black colour is from hairs on the bees which help them to collect pollen from the heather and coastal plants on the island, contributing to its unique flavour.

**Kimchi and sauerkraut** are both forms of fermented vegetables. Kimchi (“Gimchi” – lit. “submerged vegetables”) is from Korea where there are 200 variations though most forms use (napa) cabbage and radish. Sauerkraut is from Germany and means literally “sour cabbage”

**Isle of Skye Sea Salt** is more nutritious than other forms of salt in that it contains minerals such as potassium and magnesium as well as sodium. The Isle of Skye is the only location in Scotland which uses traditional methods for producing the product from the island’s coastal salt pans (Ark of Taste)

The **gooseberry and mint cordial** from the Scottish Fruit Company is served to guests of HM The Queen at her Holyrood Palace garden parties

**Beremeal** (Ark of Taste) is milled from bere barley, a crop traditionally grown in the crofts of the north of Scotland. It has only a third of the yield of commercial barley and the milling process is much more labour intensive. It is milled in only one location, the Barony Heritage water mill at Birsay on Mainland, Orkney. Can be used in bread, oatcakes, shortbread and bannocks.

The **Earl Grey tea** used to infuse the bircher muesli berries is made in Scotland by Pekoe Tea who use bergamot grown in The Secret Herb Garden, Damhead, outside Edinburgh

**Mangalitza** from which the cured ham is made is a domesticated furry pig originally from Hungary having the appearance of a sheep but the distinctive culinary characteristics of pork. Hammond’s mangalitza is reared in Dunbar.