



NEW THIS MONTH

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INNOVATION

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PACKAGING

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PRODUCE

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NEW THIS MONTH

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Spirit of Summer Chelsea Bouquet British Growers James Lacey and Lauren Senior from L & D Flowers are cultivating M&S' Sweet Williams, whils Lance Whittington, a local farmer also from Spalding, is growing Alliums. Alongside providing M&S stores with seasonal fresh cut flowers Lance will be supplying their produce for M&S' Chelsea Flower Show Exhibit. Lance is suppling Alliums and Alchemilla for the second year running.

Lance comments: "I'm delighted that M&S has asked me to grow Alliums for its Chelsea Flower Show Exhibit, It's a real honour to see all the hard work you put into growing the most perfect flowers put on display for everyone to see."





INNOVATION







Abbey Print

Abbey Print are recognised as one of the country's leading suppliers to the horticultural industry for publicity and packaging materials.

They can print on a variety of materials including self adhesive, Coated Board up to 500 micron and Synthetic stock, die cut and crease in house so including euroslots or unusual shapes are no problem.

Paula Pryke

Paula is a world renowned florist who has been based in London for nearly thirty years.

In 1988 Paula had a dream of opening a little flower shop in Islington. From these humble beginnings she changed the face of British floristry and has become one of London's top florists.

Paula published her first book in 1993 and has now published sixteen flower books, and is currently working on her seventeenth, which have been translated into as many languages. Initially Paula's style was embraced in Japan and America but more recently she has been working and influencing floral design in Korea, China, India and South America establishing her globally as one of the worlds top florists.







M&S Patron's Hamper

The Patron's Lunch will host 10,000 guests and M&S's aim for the hampers was clear. To represent the best of British produce. On top of that, M&S will be putting together six different hampers – meat, vegetarian, two made without wheat, vegan and a selection for young people – all of which will need to make their way to the right people on the day.

Bloom and Wild

The protective packaging itself is simple, yet chic. The flowers carefully arranged and safely secured with netting and water capsules to survive the transit. The luxurious cellophane foliage and beautiful ribbon also match nicely with the flower selection. This really adds a delight factor to the display of the DIY flower arrangement.

CARDBOARD

Using protective packaging made of corrugated and foam material reduces the weight of cargo with more than 50% compared to wooden crates.

The price of raw materials is important in heavy duty packaging. Lately, wood prices have gone up dramatically compared to corrugated.

Wooden containers used in international shipping must be chemically or heat treated against pests. This treatment is necessary but makes the wood more expensive. The use of corrugated packaging circumvents all these issues.

The time to cut and mount a corrugated box with foam inserts normally takes up about 30% of the time it takes to create a wooden container. Designing and producing samples is a matter of minutes.

A quick turn around time is guaranteed. It takes about 12 minutes to pack an item with the volume of 2 m². These container designs are stored in templates for you to choose from and use or reuse immediately.











GROWERS



VEGETABLES



FLOWERS



FLOWERS

The UK flower market's desire to source more UK grown products has prompted strong growth in local production. We work with over thirty-five growers who produce more than 90 million stems that are sold as part of our flower offering to British supermarkets. While we see a number of seasonal flowers, UK production can stretch to almost all year round.

The year begins with Tulips and Daffodils, and runs through the Summer period with Sunflowers, Gladioil and Stocks, then finishing the year with Lily and potted bulb production.

7

25

TYPES OF FLOWER

35 GROWERS 90

MILLION STEMS OF CUT FLOWERS







GROWERS

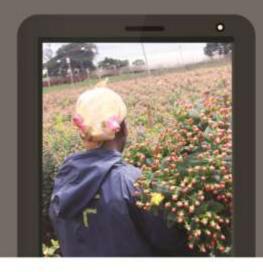


VEGETABLES



PACKAGING

FLOWERS



GROWERS

Sustainability is based on a simple principle: Everything that we need for our survival and well-being depends on our natural environment. Sustainability creates and maintains the conditions under which humans and nature can exist in productive harmony allowing the fulfilment of social, economic and other requirements of present and future generations.

Sustainability is important to making sure that we have and will continue to have, the water, materials, and resources to protect human health and our environment.

TYPES OF FLOWER

GROWERS

MILLIONS STEMS OF CUT FLOWER



GROWERS

Move your cursor over image for more details.



Kenya

Kenya's economy largely relies on the agriculture sector. Horticulture sub-sector is one of the top foreign exchange earners for the country generating approximately US \$ 1 billion annually. In 2014, the sub-sector contributed 2.8% to the national GDP out of which 1.52% was from the flower industry.

The floriculture industry has recorded growth in volume and value of cut flowers exported every year from 10,946 tons in 1988 compared to 86,480 tons in 2006, 120,220 tons in 2010 and 136, 601 tons in 2014.

According to Kenya National Bureau of Statistics in 2014, the floriculture

KERICHO

Flamingo Flowers Kericho is made up of three farm units — Chemirei, Tarakwet and Lemotit — covering approximately 92 ha at an altitude of 2,000m and producing long stem roses and fillers such as leather ferns. The farms are located alongside Finlay tea estates in the highlands west of the Rift Valley.

All workers are housed on the farms where facilities include running water, sanitary facilities and kitchen gardens for the use of workers and their families. There are four nursery schools and two primary schools. Three creches provide day care for children from three months to three years, allowing the mothers to resume work after three months' maternity leave. Their proximity enables working mothers to breast-feed their babies during work breaks. Primary health care is provided to all workers and their families through well-equipped, well-staffed clinics.



Kenya Flower Council (KFC) is a voluntary association of independent growers and exporters of cut-flowers and ornamentals, with the aim of fostering responsible and safe production of cut flowers in Kenya with due consideration of workers welfare and protection of the environment.

FLOWERS

The main cut flowers grown in Kenya are:



Roses



Carnations



Alstromeria



Gypsophilla



Eryngiums



Statice



FAIRTRADE



EDUCATION

Flamingo Flowers supports more than 2,000 students and pupils each year across the company. Over 20 per cent of the Premium fund has been invested in education for workers and their dependents. Kenya introduced universal free primary education in 2003 but lacked the infrastructure to fulfill it. The Premium has been used to help the government. achieve this target by constructing and refurbishing many classrooms, libraries, laboratories and toilet blocks, providing desks, books and other school equipment. To increase the teacher-pupil ratio the Premium has been used to employ a few more teachers in addition to those paid for by the government.

The Premium has also been invested in the construction of classrooms, laboratories and toilet blocks for secondary schools, secondary school and university bursaries for workers' children, and adult literacy projects, as well as part-funding the construction of new secondary schools.





Fairtrade

Fairtrade is about better prices, decent working conditions and fair terms of trade for farmers and workers. It's about supporting the development of thriving farming and communities that have more control over their futures and protecting the environment in which they live and work.

And it's your opportunity to connect with the people who grow the produce that we all depend on.

Fairtrade works to benefit small-scale farmers and workers, who are amongst the most marginalised groups globally, through trade rather than aid to enable them to maintain their livelihoods and reach their potential.



The Mark means that the Fairtrade products have been produced by small-scale farmer organisations or plantations that meet Fairtrade social, economic and environmental standards. The standards include protection of workers' rights and the environment, payment of the Fairtrade Minimum Price and an additional Fairtrade Premium to invest in business or community projects.



HOME









FAIRTRADE

GROWERS

VEGETABLES

FLOWERS



VEGETABLES

We produce and source a variety of ingredients to create new products for all year round. Sourcing from countries such as Kenya, Guatemala and England during the UK season allows us to have strong product range.

Our products comprise of a selection of peas, beans, Tenderstem* Broccoli, chillies, asparagus. Which are sold as individual products or used in prepared vegetables mixes and stir fries.

3,789

550

25,650

0

WASTE GOING TO LANDFILL



♥ VEGETABLES Click through for instructional guides



INNOVATION IN **EVERY BITE**

The process of developing. creating and implementing









NUTRITION

Hints and tips from the professionals.









OUR PRODUCTS

What is it and where is it from









CUSTOMER **FEEDBACK**

Hints and tips from the professionals.









QUICK RECIPES

Great everyday recipes











SPECIAL OCCASION RECIPES

Recipes when you what something special









HELPFUL **TECHNIQUES**

Hints and tips from the professionals.









HINTS & TIPS

Hints and tips from the professionals.









Vegetable Noodle Spring Rolls







Ingredients

1 tbsp extra-virgin olive oil 4sm piece of finely chopped fresh root ginger 1 tsp Chinese five spice powder 200g Waitrose Noodle Cut Vegetable Stir Fry 28g pack fresh coriander 3 tbsp Cook's Ingredients Thai sweet chilli sauce, plus extra to serve/dip 6 sheets filo pastry

Method

- Preheat the oven to 200*c/ gas mark 6.
- 2. Cut the vegetable noodles into half or to required size.
- 3. Heat the olive oil in a wok and add the ginger and fry for 30 seconds. Add the spiced powder and continue to fry for 30 seconds.
- 4. Add the vegetable noodles to the pan and mix with the ginger and spice. Fry for 2 minutes.
- 5. Take the noodles off from the heat and add the chilli sauce and chopped coriander. Mix thoroughly and leave to cool slightly
- 6. Roll out the filo pastry and lay it out on a clean work surface. Trim the sheets into 3 long rectangles. Take one rectangle and with the nearest side to you, spread 2 tablespoons of the vegetable mixture along the edge, leaving 4cm at each side. 7. Fold these sides over the filling and roll up. As you get to the end of the roll, using a pastry brush, brush a little water to ensure that the product sticks.
- 8. Transfer rolls to a lined baking tray and bake in the oven for 12-15 minutes until the rolls are golden and crispy.

Serve warm with scattered coriander and some sweet chilli sauce for dipping.

Asparagus spears







Ingredients

1 pack of asparagus spears, approx 200g 30g ciabatta breadcrumbs Finely grated zest of 1/2 lemon Handful of flat leaf parsley, chopped 20g grated parmesan 2 tbsp extra virgin olive oil, plus a little extra for drizzling Salt & pepper

Method

Preheat oven to 200C/gas mark 6

Lay the asparagus spears in an oven tray and coat with a little olive oil Blitz the ciabatta in a food processor to make breadcrumbs

Mix the breadcrumbs with the chopped parsley, lemon zest, parmesan, olive oil and salt & pepper

Sprinkle the breadcrumbs over the asparagus and bake in the oven (top shelf) for 15 mins until the topping is crispy















BEANS







FLAMINGO HORTICULTURE

EDAMAME

Edamame, also known as green soybeans, are commonly used as a snack or appetizer, and in salads, casseroles and rice dishes.



CHICKPEAS

Chickpeas, also known as garbanzo or ceci beans, are commonly used in casseroles, hummus, minestrone soup, and Spanish and Indian dishes.



KIDNEY

Red kidney beans are commonly used in stews, salads, chilies and rice dishes



BLACK-EYED PEAS

Black-eyed peas, also known as cowpeas, are commonly used in salads, casseroles, fritters and Southern dishes.



LIMA

Lima beans, also known as butter beans or Madagascar beans, are commonly used in succotash, casseroles, soups and salads.



LENTILS

Lentils come in a variety of colors -red, orange, yellow, green and brown. They are commonly used in soups, stews, salads, side dishes and Indian dishes.















HOME







GROWERS



VEGETABLES



FLOWERS



FLORISTRY

The art of creating flower arrangements in vases, bowls, baskets or other containers, or making bouquets and compositions from cut flowers, foliages, herbs, ornamental grasses and other plant materials. Often the terms 'floral design' and 'floristry' are considered synonymous.

The ability to create a variety of floral designs such as wreaths, bouquets, corsages, buttonholes, permanent arrangements and other more complicated arrangements is also important.

3,789

550

25,650

TONNES OF CARD RECYCLED

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WASTE GOING TO LANDFILL



FLAMINGO

Click through for instructional guides



GETTING THE MOST FROM YOUR FLOWERS

Flower care hints and tips from the professionals.









HOW TO MAKE YOUR PERFECT BOUQUET

Flower care hints and tips from the professionals.











SPECIAL **OCCASSIONS**

Flower care hints and tips from the professionals.









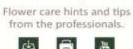
CREATIVE DISPLAY SOLUTIONS

Flower care hints and tips from the professionals.











HELPFUL

TECHNIQUES





FLOWER NAMES

Flower care hints and tips from the professionals.









GLOSSARY

Flower care hints and tips from the professionals.









HINTS & TIPS

Flower care hints and tips from the professionals.









GETTING THE MOST FROM YOUR FLOWERS







ALWAYS USE A CLEAN VASE

A vase should be scrubbed clean with soap and water which prevents bacteria and fungi growth.



LET THE WATER STAND

Half fill the vase with warm tap water and leave to stand for several minutes. This gives any gasses in the water time to escape.



CUT THE STEMS

Cut the stems at a 45 degree angle under running water. This leaves a wide opening to the centre of the stem or xylem.



FEED THE FLOWERS

Always add a sachet of flower food to the water. This helps keep the water clean, promotes water uptake and stops petals wilting.



KEEP AWAY FROM FRUIT

Fruit gives off chemicals which encourage ripening and can shorten the life of flowers.



RE-FIL THE VASE

A vase should be re-filled with clean, warm water every day, allowing trapped air to escape each time.

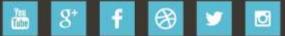
















THE PERFECT BOUQUET

FLAMINGO



GET YOUR EQUIPMENT

The tallest stem should be in the middle while the shortest shoots tuck around the edge of the bouquet.



DECORATE THE JAR

Trim your ribbon (we used a luxurious double sided, satin ribbon) and add a bit of opulence to the vessel.



TRIM THE STEMS

Trim the stems to the desired length. The stems should be flat on the bottom so they all hit the vase at the same point. Also, leave a few leaves at the tops of the stems to help the the flower take in more water.



ARRANGE

Take the jar that is full 2/3 of the way with lukewarm water and insert your bouquet. Upon putting the flowers in the jar, you can tailor the design by adding or subtracting stems.













