



## Red Tractor non-meat ingredient list

You can find the Red Tractor on a wide range of seasonal British ingredients. It's an independent sign to show you that your food has been produced to responsible standards and is traceable back to independently inspected assured farms in the UK.

For the purpose of the competition your entry must contain at least one other Red Tractor assured non-meat ingredient. See below for a full list.

### **1) Red Tractor Dairy:**

Look out for the Red Tractor logo on a wide range of UK produced dairy products including a wide selection of cheeses, milk, cream, yogurts and even ice cream

### **2) Red Tractor Fruit and Vegetables:**

If it can be grown in the UK, chances are it has come from a Red Tractor assured grower. Take closer look at the packaging when you next visit the fruit and vegetable aisle at your local supermarket.

Here's an exhaustive list for you: Asparagus, Aubergine, Beans (broad, fresh), Beans (broad, processed), Beans (green, fresh), Beans (green, processed), Beans (runner), Beetroot, Blueberries, Broccoli, Brussels, Sprouts, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celeriac, Celery, Chicory, Chinese Cabbage, Pak Choi Choi Sum, Chinese Cabbage, Pak Choi, Choi Sum (protected), Courgette, Marrow, Squash and Pumpkin, Cucumber, Fennel Fruit (bush), Fruit (cane), Fruit (stone), Fruit (top), Garlic, Herbs (culinary), Hops, Leeks, Lettuce (field), Lettuce (protected), Mushrooms, Onions (bulb), Onions (salad), Parsley Root, Parsnips, Peas (picking, fresh) Peas (vining, processed), Peppers (chilli), Peppers (sweet, protected), Potatoes, Radish, Rhubarb, Spinach, Sprouting Seeds & Leaves, Strawberries, Swede Turnip and Kohl Rabi, Sweetcorn, Tomatoes (protected), Watercress.

### **3) Red Tractor crops based food and drink:**

**Wheat** - Allison's and many supermarkets' own brand UK flours – look for the Red Tractor logo to be sure! Hovis and many food service caterers source Red Tractor flour for their breads too.

**Breakfast Cereals** - Whole-wheat cereals including Shredded Wheat and Bran flakes use Red Tractor Wheat and Bran – Cereal partners who produce many of the UK's favourite cereals have struggled this year to source 100% Red Tractor grain due to poor harvests but are still committed where possible.

**Sugar beet** - Silverspoon is the only company to produce UK sugar from sugar beet sourced from Red Tractor growers.

**Barley** – We have a selection of branded beers and lager licensees; Young's beers, Greene King ales, Carling lager, Worthington's



**Oilseed-** There is a growing number of Red Tractor growers who manufacture rapeseed oil. The oil has many health benefits compared to other oils due to its unique high boiling point and is very versatile, you can use it for baking, roasting, frying, dressing you name it! Many leading chefs swear buy it. In the supermarket look or Hill farm oils as well as many others.