



# freshconnect.

Monthly update on all things fruit & veg!

## AUGUST 2023

As we continue to support growers with lovely British Produce in August, Europe on the other hand has ongoing challenges with extreme weather conditions affecting crops being imported to the UK.

### Fruit

Let's kick things off with **Berries** which continue to remain excellent quality and a staple for summer menu's. Hugh Lowe Farm provides us with the very best **strawberries, blackberries** and **raspberries**. **English Cherries** are definitely worth considering this month - whilst they are still around grab them! We have just spotted the first variety of **English Plums** (Opal) more varieties will become available throughout the month. **Peaches, Flat Peaches, Nectarine** and **Apricot** availability is still good. Brazilian **Melon** season (galia, honeydew, ogen & water) will start in the coming weeks which will see quality improve but prices remain strong for the time being. Conference **Pears** are tricky whilst we await new Belgian crops to begin which we are anticipating by September. **Oranges** have moved over from Egyptian to South African which has gradually seen an improvement on quality. **Kiwi's** are being air-freighted in from New Zealand due to European crops finishing, causing a gap in the market and temporary price spike. Something to look forward to is UK **Apple** season towards the very end of this month/mid September the season will start up again from our grower in Kent.

### Vegetables & Salad

After a tough period with major **Potato** problems, we are pleased to see slight improvements on last month with availability on all varieties. We are still seeing some blemishes on the skin of the potatoes but overall much more positive. We have also seen a vast improvement with **Onions** now that Spanish season has started, the size of the onions are much better as we move into the thick of the season. **English Runner Bean, Broad Bean** and **Fresh Peas** are all lovely options. **English Fine Beans** are coming from Wye Valley, these are a better option than Kenyan as there are a lot less food miles! We have seen early sightings of some **Squashes**. Green, White & Yellow **Patty Pan** are a nice choice and lovely roasted or eaten raw in a salad. Another delicious addition to summer salads are **Beetroots** (purple, golden and candy) which are all English and add a pop of colour to the plate. **Marrow's** have also been spotted on the market which are a great choice of vegetable for and lovely with a traditional roast dinner.

We are loving the quality of the **English Broccoli, Cauliflower, Hispi** and **Savoy Cabbage** from our grower in Canterbury that we are working alongside. The produce is picked, loaded and in your kitchens within 24 hours - lovely and fresh! **Tenderstem** broccoli is now English, running alongside Kenyan increasing availability and **Kale** is delightful this time of year. **Corn on the Cob Husks** will start to show early sightings this month, another fantastic example of UK produce once we move over from Spanish. It's advised to avoid **Asparagus** where possible as prices are extortionate and quality not the same as it was.

Salad leaves such as **Baby Spinach, Rocket** and **Mixed Leaf** have been affected by the mixed wet and warm weather conditions. **Cos, Iceberg** and **Gem** have not been lost but are experiencing some signs of 'tip burn'. The lettuce heads are holding a lot of water after persistent rain which can reduce shelf life and bruising on outer leaves. We recommend keeping stock holdings low.

### Mushrooms & the forest

**Girolles** have good availability coming from Scotland which are highly recommended and also Europe.

**Truffles, Pied Bleu & Trompette** are all available. We have seen some lovely items from our Forager this month, including **Bell Heather, Mini King Oyster** and **Cultivated Cauliflower Fungus**. Get in touch for further information on availability.

