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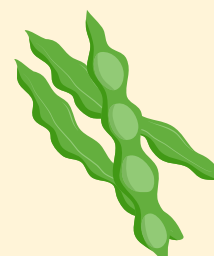
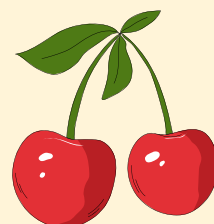
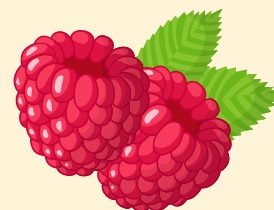
Monthly update on all things fruit & veg!

JULY 2023

This month we are flying the flag on British Produce as we love to support British Farmers and the less food miles the better! There is plenty to choose from to keep our menu's exciting.

Fruit

English Berry season is flowing nicely, with lots of variety and impressive size berries. Hugh Lowe Farm is a mere 24 miles from our warehouse, providing us with stunning **strawberries**, **blackberries** and **raspberries**. **Blueberries** are coming from Wye Valley in Gloucestershire. **English Gooseberries** are also a great choice and their flavour pairs well with Strawberries. **English Cherries** are a real highlight for the next couple of months, get them whilst you can as the season is short but sweet! **Stone Fruit** season is still flourishing with **Peaches**, **Nectarine**, **Apricot** and **Plum** availability good. We should see sightings of **English Plums** towards the end of this month. If you are after something a bit different why not try **Flat Peaches** or **Flat Nectarines** instead. Poor weather conditions in Spain and Italy has wiped out **Melon (galia, honeydew and ogen)** crops affecting both the size and quality of the fruit. The region for **Watermelon** has also changed causing quality to be unpredictable. We are pleased to see improvements with **Clementine/Satsuma** after a rocky month or so, Southern Hemisphere season is underway. This is a similar scenario with **Lemon & Lime** availability after switching season. Egyptian **Oranges** have now finished so there will be a short spike in price whilst we transition to South African. UK and European **Apple** season has fully drawn to a close now and all **Apple Varieties** apart from Bramley (UK) are coming from Southern Hemisphere.



Vegetables & Salad

Potatoes & Onions are challenging again this month so expect quality to be hit and miss. **Potato** stocks are rapidly diminished resulting in produce being on the smaller side and with less produce to choose from, prices remain inflated until this issue is resolved and new crops begin. **Jackets & Chipping Potatoes** are the most affected and not up to usual standards. UK & European supply of large brown **Onions** are still tough due to knock on effects from weather conditions on last years crop. We are eagerly awaiting new crops to begin in the next couple of months which will ease the situation. It's great to see so much English produce around now, we have spotted the first of the **English Carrots** and expect availability to gradually improve throughout the month. English produce is thriving with **Runner Beans**, **Broad Beans** and **Fresh Peas** all now around so take advantage of this throughout the summer months and incorporate them into menu's as they are a great addition. After a delayed start, **English Broccoli** and **Cauliflower** are now on hand and prices starting to fall into line. **Courgettes** are also English, coming from barfoots of botley based in Chichester. Towards the tale end of this month we will see **Corn on the Cob Husks** move over from Spanish/Moroccan to English season. We are sad to see the English **Asparagus** come to end, we are now back to working Peruvian variety. **Spring Onions** are a fantastic size and again added bonus they are UK grown. **Lettuce Iceberg** may appear smaller than usual due to very little rainfall and unaffordable irrigation costs. **English Heritage Tomato** is a fantastic choice, packed with flavour and adding a pop of colour to the plate it's great for summer salads. **Peppers**, **Cucumbers**, **Aubergines** & all **Tomato** varieties are also good value for money as Dutch season is in full swing.

Mushrooms & the forest

We have a few options for **Wild mushroom** this month. **Girolles** are excellent value for money at the moment so jump on this. **Mousseron**, **Morels**, **Pied Bleu** & **Trompette** are all available. **Truffles** are also looking good. All judged weekly so contact directly for availability and pre-order.

