



freshconnect.

Market REPORT

This time of year is always tricky as we make a big switch from English to Spanish season on multiple key lines.

VEGETABLES & SALADS

This time of year is perfect for root veggies, **Chantenay Carrots** (normal & mixed) are always a good go to and add a pop of colour. **Piccollo parsnips** are also great now they're in season. It's definitely feeling festive already... **Brussels, Brussel Tops & Stalks** all available on the market now. **Carrot, Turnips, Swede & Parsnips** all the best of British for the winter months! **Kale & Calvo Nero** (black cabbage) are in great supply right now. **English Savoy & Hispi cabbage** are both beautiful. **Broccoli** has fully moved over to Spanish supply, **Cauliflowers** are on winter variety but rely heavily on consistent weather to maintain quality. We've been getting supply of stunning **English Romanesque & Purple Cauliflower** from Kent. **Squashes** remain a great shout with a mixture of varieties available.

Aubergines, Tomatoes, Cucumbers & Peppers all moved over to Spanish & Moroccan season, quality should remain consistent. It's time to say goodbye to all English **Iceberg, Cos & Gem lettuces**. The English season saw some stunning produce but we will begin to move over to Spanish season. **Lollo Rosso, Biondi & Oakleaf** will change over to French. **Baby Leaf Spinach, Rocket & Mixed Leaf** will be a mixture of Spanish/Italian/French & German. English **Spring Onions** finish this month meaning quality could be impacted as we change to Mexican/Egyptian varieties.



MUSHROOMS & FORAGED

Ceps, Chanterelles, Girolles, Pied du Muton, Trompette (minimal amounts) are great choices for wild mushrooms. **Truffles** also available, check before with the office



FRUIT

Winter is not a great time by any means for fruit. English **strawberries, raspberries, blackberries & blueberries** are a big red flag now that British has come to an end. We will see a very sharp spike in prices as we move across to Spanish, Dutch and Southern Hemisphere. Best to try and avoid where possible unless prepared to pay much higher prices.

Spanish citrus has started to come through, **Lemons** are in motion and we've seen some lovely sightings of **Oranges**. Unfortunately, **Nadorcotts** have finished which were bright orange in colour and very sweet in taste. We are now dealing with **Satsumas** which are a lot lighter in colour and slightly bitter in taste. As the season goes on the taste will improve. **Clementines** will also begin this month which will widen our options. We will also see the Leafy variety which we love! The only stone fruit around at the moment are **Plums**, these will move across to South African by the end of the month. **Peaches & Nectarines** remain out of season until South African start.



European varieties of **White & Black Grapes** will be transitioning over to Southern Hemisphere, this will be reflected in the price as it's not a 'grape' time of year. **Turkish Figs** will draw to an end and be coming in from Brazil. **English Apples** are still fantastic, we have lovely varieties coming from the farm in Tonbridge, only 27 miles from our warehouse.

English Pears are a delight at the moment, Comice & Conference variety with added support from Belgium. Some seasonal favourite picks this month are **Pomegranates, Sharon/Kaki fruit, Quince & Cranberries** ... it's definitely worth baring these in mind and incorporating into menus.

