

# Market Report

March 2016

Quality Produce for Caterers & Retailers





# Vegetables... *food for the soul* - UK

PRODUCT	ORIGIN	COMMENTS	PRICE
Beetroot Red, Candy & Golden	UK-English	A firm seasonal favourite, superb quality this time of year.	MED
Cabbage Hispi	Portuguese/Italian	Good alternative to Spring Cabbage which is in short supply.	MED
Cabbage Red	UK-Lincolnshire	Prices have increased due to farmers using cold stored produce.	HIGH
Cabbage Savoy	UK-Southport/French	As we are now coming to the end of the English season, quality will suffer. We will be offering French as an alternative.	LOW
Cabbage Spring	UK-Cheshire/Lancashire	Spring Cabbage will be in short supply for the next 4 weeks due to the season ending. There may also be a few problems with quality, we advise you keep stocks tight as there is a price increase. We suggest Hispi or Tundra as an alternative.	HIGH
Cabbage White	UK- Lincolnshire	Prices have increased due to farmers using cold stored produce.	HIGH
Carrots	UK- English	Prices slightly higher than last year due to heavy rains which have wiped out some crops.	MED
Chantenay Carrots	UK- Nottinghamshire	Bite size English Chantenay Carrots in stock. Excellent quality and a little sweeter than your normal carrot.	MED
Curly Kale	UK-Cheshire/Evesham	Red and Green available. This vegetable is getting more and more popular year on year. Great value at the moment!	MED
Leeks	UK-Southport	Excellent at the moment collecting three times a week from Southport, Lancashire.	LOW
Medium Onions	UK-Cheshire/Dutch	New season English now available collected from our Southport grower. A cheaper alternative to Spanish.	MED
Pak Choi	UK-Lancashire	Great quality Pak Choi from our Southport grower. Perfect for Stir fries! Great value too.	MED
Parsnips	UK-Lichfield	Excellent quality at the moment, picked up daily from Lichfield, Staffordshire.	MED
Piccolo Parsnips	UK-English	Short, sweet and tender, they come in a 5 kilo box, similar to the Chantenay, however the season is now coming to an end.	MED
Potatoes Chipping	UK	We are now using Ramos great for chipping great for roasts.	LOW
Potatoes Jackets	UK-English	Jacket Potatoes now available in 3 varieties Marfona, Harmony or Estima. Don't be fooled by the appearance they are regarded as the best baking potato when cooked.	MED
Potatoes Mids	UK-Norfolk	English Maris Peer Mids now available. Dry floury variety!	MED
Sprouts	UK- Southport	We are coming to the end of the season soon we will keep you informed.	MED
Ware Potatoes	UK	At the moment we are using Wilja and Accord. But please ask about other varieties.	MED



# Fruit - UK

PRODUCT	ORIGIN	COMMENTS	PRICE
Bramley Apples	UK	Bramley Apples still great quality, perfect for crumbles! Prices may has as stocks came from cold store.	LOW
Coxes Apples	UK- Cheshire	The Coxes season will be coming to an end shortly.	LOW
Rhubarb	UK/Dutch	We now have new season English Forced Rhubarb from the Yorkshire triangle, this is much lighter in appearance. We are also stocking Dutch as the English season will have a break in the middle of March for a few weeks.	HIGH



## Blueberries

- Our Chilean blueberries have that sweet recognisable taste!
- Often labelled a 'superfood' they are low in calories and incredibly good for you.
- Did you know they can help maintain brain function and improve memory?
- Nothing beats the taste of fresh fruit & the reminder of Summer!



# Salad & Mushrooms - UK

PRODUCT	ORIGIN	COMMENTS	PRICE
Baby Leaf	UK	Great quality for salad mixes and excellent for dressing gourmet food.	MED
Bryans Salad Leafy/ Herby	UK- Lancashire	Leafy available in both 110g & 500g and Herby available in 500g. Bryans Salads are all grown within a one mile radius of the Lancashire suppliers site.	MED
Flat Lettuce	UK-Cheshire	Great quality English Lettuce now coming from our Cheshire supplier Roy Hallman.	LOW
Lambs Lettuce	UK/Italian	Good quality with a distinctive tangy flavour.	MED
Little Gem	UK-Lancashire	Fresh from our local supplier, quantities are plentiful once again.	MED
Oakleaf Lettuce	French/Spanish	Very attractive deep green/purple oakleaf shaped leaves. We are now well into the French & Spanish season, this is consistently good quality.	MED
Exotic Mushroom	UK-English	Packed and picked up daily from Southport, Lancashire. Excellent mix with 6 different types of mushroom (Shitake, Grey Oyster, Pink Oyster, Yellow Oyster, Chestnut, Eryngi & Portobello). A very popular product.	MED
Oyster Mushroom	UK- Lancashire	Trimmed and untrimmed available, great value at the moment.	MED
Rocket	UK/Italian	A great fresh peppery taste!	MED
Watercress	UK	Excellent quality, sold in punnets or bags. These are currently being supplied by our Southport grower Duerdon Brothers.	MED

*Fresh Tip*

*Cos 'Winter Gem' Lettuce is an ideal variety for winter salads. Small and crunchy it is just as equal in as Little Gem!*



# Vegetables

PRODUCT	ORIGIN	COMMENTS	PRICE
Asparagus	Mexican	The Mexican season has now started therefore prices have eased.	MED
Aubergine	Dutch	Excellent quality and value.	MED
Baby Vegetables	South African	Carrots, Courgettes, Fennel, Beetroot, Leeks, Rainbow Carrots & Turnips all reasonably priced. Please check availability when placing your order. Note Rainbow Carrots have been in short supply recently due to disease in Kenya.	MED
Broccoli	Spanish	Iced Spanish Broccoli now available by 6 kilo. Prices have risen slightly.	MED
Cauliflower	French	These normally come in 8's. A good hearty Winter Veg!	HIGH
Celeriac	Dutch	Great in soups or stews. Can be roasted, boiled, mashed or raw in salad.	MED
Courgette	Spanish/Dutch	Spanish/Dutch now available, a popular vegetable of the squash family. Good value at the moment!	MED
Fennel	Italian	Brilliant value and top quality. Growing in popularity!	MED
Fine Beans Top & Tailed	Kenya	Excellent quality and one of our best sellers. Available in boxes of 4 x 500g (best value) or 10 x 150g. Due to the weather condition in Kenya supplies may vary. But please ask for alternatives as we do stock loose and pre-packed 150 grams in fine beans.	MED
Mange Tout	Kenya	Prices seem stable at the moment, quality is good.	MED
Onions (large)	Spanish	As we are coming to the end of the season their will be a slight price increase due to moving over to cold stored. Use medium onions as a good alternative.	HIGH
Red Onions	UK/German	Great quality as always. Very competitively priced, great for salads.	MED
Round & Banana Shallots	French	Strong but deliciously flavoured. Both still excellent value. For those who only want a kilo at a time we are now netting up for your convenience.	MED
Sugar Snaps	Guatemala	Prices seem stable at the moment, quality is good.	MED
Tenderstem Broccoli	Kenya	Growing in popularity! A lovely tender taste when steamed just for a few minutes.	MED

## Fresh News

We have now extended our pre-packing range! You can now order prepack items such as lemons, limes, fennel & tomatoes.





# Mushrooms

PRODUCT	ORIGIN	COMMENTS	PRICE
Baby Button Mushroom	Irish/Dutch	Good quality. Please specify baby when placing your order.	MED
Chestnut Mushroom	Irish	Great addition to your menu as they have that earthy flavour that everybody loves!	MED
Cup Mushroom	Irish/Dutch	Fresh deliveries every day. Out-grade available at a lower price (there can be a difference in size from box to box).	MED
Flat Mushroom	Irish	Large and Medium available and now graded. Both stuffed or fried taste amazing.	MED
Portobello Mushroom	Irish	Great quality and now graded for consistency in size, these are becoming more and more popular.	LOW



# Fruit

PRODUCT	ORIGIN	COMMENTS	PRICE
Avocado	Israeli/Kenyan	Very popular at the moment, we are stocking Hass Avocado- excellent quality, prices may rise due to lack of supply.	MED
Banana	Costa Rica	Consistently good quality! Now available in handy 1 kilo bubble wrapped packs.	MED
Blackberries	Dutch/Mexican	We are now using a mix of Dutch and Mexican.	MED
Blueberries	Chilean	Plenty of volume at the moment, always a popular berry.	MED
Conference Pears	Belgium	Into the Belgium season now excellent quality.	MED
Easy Peelers	Peruvian	We are now stocking new season Nadorcott.	MED
Eating Apples	French	Golden Delicious, Granny Smith and Royal Gala are eating superb. All out of temperature controlled storage.	MED
Figs	Turkish/Brazilian	Very popular at this time of year.	MED
Grapefruit Pink & White	Cyprus	Tart and tangy with an underlying sweetness.	MED
Green Grape	South African/Indian	New season India now in stock. Prices will fall as we get into the season.	MED
Lemons	Spanish	New season Spanish now in stock in a handy 5 kilo box. A great texture and flavour!	MED
Limes	Mexican/Brazil	Brilliant quality and price has now dropped to a reasonable level. Very popular of the moment!	MED
Mango	Kenya	Prices have now eased! Excellent ready to eat available.	MED
Melon Cantaloupe	Spanish	Great Melon for giving extra colour to your fruit dishes.	MED
Melon Galia	Spanish	Served at their best when chilled. Galia melons are tasting delicious right now.	MED
Melon Honeydew	Brazilian	Good quality and size. The best melon for fruit salads.	MED
Oranges	Spanish/Moroccan	We now have a choice of either Spanish or Moroccan Navels.	MED
Pears	South African	Packham Pears new season now in stock, 12 kilo boxes now available great for poaching.	MED
Passion Fruit	Kenya	Plenty in stock at a good price. They make great jelly or pie fillings.	MED
Plums	South African	New season South African now in stock varieties at the moment are Laetitia red in appearance. Leave a day or two to eat at its best.	MED
Raspberries	Spanish	Spanish varieties are great quality at the moment.	MED

PRODUCT	ORIGIN	COMMENTS	PRICE
Red Grapes	Indian/South African	We are currently only stocking a crimson and black grape. The perfect crisp-juicy taste!	MED
Redcurrants	Dutch	Excellent quality. It is the right time to buy this great berry.	MED
Strawberries	Spanish/Moroccan	We are now stocking Spanish 250g punnets. Prices are stable at the moment.	MED
Watermelon	Brazilian	They are a good size and the quality is fantastic.	MED



## Physalis (Chinese lantern)

- Physalis is part of the nightshade family and thus share a relation with the much more familiar tomatoes, peppers and eggplants.
- Our current Physalis stock have a mild, refreshing acidity.
- Ideal for baking into pies and making jam.
- Sold by 125g.





# Salads... *healthy & delicious*

PRODUCT	ORIGIN	COMMENTS	PRICE
Beef Tomato	Spanish	Excellent quality, prices very reasonable. Now pre-packing in 4's.	MED
Celery	Spanish	Spanish now available. One of the healthiest foods you can eat, low in calories (2 per stick) and fat free.	MED
Cherry Tomatoes	Spanish/Dutch	Beautiful Tomatoes now at their best and tasting brilliant. Excellent quality and price.	MED
Cherry Vine Tomatoe	Spanish	Excellent quality at the moment. Yellow Cherry Tomatoes also available.	MED
Chilli Red & Green	Spanish	We now have a choice of either Spanish Chillies	MED
Cos/Romaine	Spanish	Spanish now in stock, a delicious crisp lettuce!	MED
Cucumber	Spanish	Spanish season will be coming to an end soon and will be replaced by Dutch or English.	MED
Curly Endive	Spanish/French	We are now well into the Spanish/French season. Consistently good quality!	MED
Heritage Tomato	French	Heritage Tomatoes always in stock. A very popular and colourful product definitely worth a try.	MED
Iceberg	Spanish	We are now stocking Spanish, this will continue into the Winter period.	MED
Lollo Biondi Lettuce	French/Spanish	A popular lettuce used in most salads.	MED
Lollo Rosso Lettuce	French/Spanish	A popular lettuce used in most salads.	MED
Peppers Green	Spanish	Class 1 and better value class 2 available. As the Spanish season is coming to an end we have some new season Dutch available. Prices have risen in the past few weeks.	MED
Peppers Red	Spanish	Class 1 and better value class 2 available. As the Spanish season is coming to an end we have some new season Dutch available. Prices have risen in the past few weeks.	MED
Peppers Yellow	Spanish	Class 1 and better value class 2 available. As the Spanish season is coming to an end we have some new season Dutch available. Prices have risen in the past few weeks.	MED
Plum Vine Tomato	Dutch	New crop Tomatoes tasting excellent and ripe in appearance. A favourite with a lot of chefs!	MED
Radish	Dutch	Very popular with an inviting sweet taste.	MED
Spring Onion	Mexican	Quality is excellent!	MED
Tomatoes Round	Spanish	Prices have increased on all tomatoes due to the recent cold weather in Spain.	MED
Vine Tomato	Spanish/Dutch	Spanish and green house ripened Dutch in stock.	MED

# Celebrate The Saints

QUALITY  
FRESH  
PRODUCE

1st March

## St David's Day



**Leeks**  
the national symbol of Wales,  
use leek with pride!



### Welsh Cakes

Still as popular as ever buy flour, caster sugar, baking powder, butter, milk, eggs and currants to make these delicious cakes



**Caerphilly Cheese**  
known as 'the crumbles'

**Colliers Welsh Cheddar**  
Powerful Welsh cheddar with a distinctive taste & rich flavour



17th March

## St Patrick's Day



### Bar Snacks

Whilst serving Guinness why not offer your customers a range of our bar snacks including, peanuts, smoked almonds and wasabi peas



**Cashel Blue**  
Ireland's finest  
blue cheese



**Irish Soda Bread**  
Quick & easy use our butter, buttermilk, bicarbonate of soda & salt to make soda bread



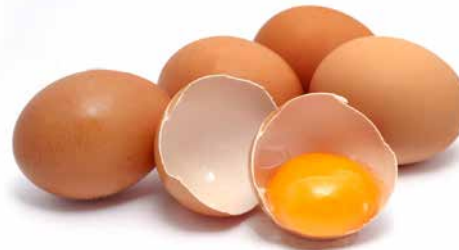
# Happy Easter

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Roberts  
Hot Cross Buns  
a Good Friday tradition

Eggs  
the symbol of rebirth but  
unfortunately not of the  
chocolate variety



Easter Sunday Veg  
carrots, roast parsnips,  
asparagus the list is endless



Mint Sauce  
a must for pouring  
over lamb



Essential Cuisine Gravy  
saves you valuable time  
during the busy weekend

## Opening Times

Good Friday 25th open as normal

Saturday 26th open as normal

Sunday 27th closed

Easter Monday 28th closed







*Quality Produce for Caterers & Retailers*



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