

July Round-Up... What's Hot ...

Gooseberries

The season is reaching its peak, quality great, the season is short so don't delay adding this to your menus!

Rainbow Carrots

New season English Rainbow Carrots now available. Exceptional quality, guaranteed to lift any plate of food!

Cherries

A seasonal favourite now reaching the peak of season. Great value at the moment.

Stick Beans

New season English Stick Beans now in! Super quality, a great seasonal vegetable.

Broad Beans

New season English fresh in from Cuttleford Farm, Cheshire. Don't overlook this seasonal delight!



other super salad

Something Different.

After something sligthly unusual? Available on pre order are the following products, call us to dicuss in more detail:

Black Radish

Super salad alternative to the traditional red, a great twist for any salad.

King Oyster Mushrooms

Super large, fleshy mushroom that is an excellent accompaniment to any meat dish. Try them griddled!

Castel Franco Lettuce

Perhaps the prettiest of all lettuce, vibrant colours for the plate with a peppery taste.

Treviso Lettuce

An Italian favourite, another super salad alternative to the norm.

What's Not.

Parsnips

English new season have arrived and whilst quality is superb, prices are high.

English Asparagus

The English season is now over however our South American is superb.

Potatoes

The UK is still experiencing a widespread shortage of good quality potatoes. Prices are high, quality is an issue too. We don't expect to see any changes until the new crop is widely available.

Limes & Limes

Both affected by shortages in supply due to adverse weather and crop damage. Prices are high until further notice!

Purple Sprouting Broccoli

Season now over, consider using tenderstem as a great alternative.



Vegetables - UK

PRODUCT	ORIGIN	COMMENTS	PRICE
Beetroot Red, Candy & Golden	UK-English	A firm seasonal favourite, superb quality this time of year.	MED
Broad Beans	UK- Cheshire	A customer favourite! Fresh in from Cuttleford Farm the season is now in full flow. Make the most of these this month!	MED
Broccoli	UK- English	We have been experiencing the same problem with Broccoli as we have with Cauliflower over the last few weeks due to the cool, damp weather. The Lancashire season should be starting very soon.	MED
Cabbage Red	UK-Lincolnshire	Prices have now eased as we start with the new crop.	MED
Cabbage Savoy	UK-English	We are now using new season English, quality superb.	MED
Cabbage Spring	UK-Lancashire	Season is in full flow, plentiful at the moment.	MED
Cabbage White	UK- Lincolnshire	We should be starting with new season White Cabbage before the end of July.	MED
Cauliflower	UK-English	We are working new season English summer cauliflower, quality and quantities are suffering with the wet weather, this has meant a price increase.	HIGH
Chantenay Carrots	UK-English	Great news the new season English crop has arrived. This means the problem we have been experiencing with size has improved.	MED
Courgette	UK-English	New season English have now started, quality superb!	MED
Curly Kale	UK-Cheshire/Evesham	New crop English, red and green available. Great value at the moment!	MED
Leeks	UK-English	After a short spell of using French and Spanish we now have new season English available.	MED
Pak Choi	UK-Lancashire	Great quality Pak Choi from our Southport grower. Perfect for Stir frys! Great value too.	MED
Parsnips	UK-English	New season English now available prices quite high to begin with.	HIGH
Potatoes New Season	UK- Cheshire	First of the new season crop, Rocket variety price high but will soften in coming weeks.	MED

^{*}Please note we are all facing a potato challenge for the next 6/8 weeks whilst we all wait for the new season crop to become mature and harvested. Quality of all potatoes and all prepped potatoes is likely to be mixed at best and prices will continue to rise. Should you require any further information please don't hesitate to contact your account manager or our customer service team.*



Vegetables

PRODUCT	ORIGIN	COMMENTS	PRICE
Asparagus	South American	The English season has now finished, Peruvian crop is great quality.	
Aubergines	Dutch	Excellent quality and value, not just for roasting, great addition to a salad too!	MED
Baby Vegetables	South African	Carrots, Courgettes, Fennel, Beetroot, Leeks, Rainbow Carrots & Turnips all sensibly priced. Please check availability when placing your order.	MED
Carrots	French/UK	We are now coming to the end of the French season just in time for the new season English to start.	MED
Celeriac	Dutch	Great in soups or stews. Can be roasted, boiled, mashed or raw in salad. No quality or supply concerns.	MED
Fennel	Italian	A fantastic addition to just about any salad. 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.	MED
Mange Tout	Kenya	Prices seem stable at the moment, quality is good.	MED
Medium Onions	Dutch	Currently Dutch, quality great and super value!	LOW
Onions (large)	Spanish	We are using new season Spanish onions, please be aware they only have a thin skin finish so please keep stocks tight. Prices are dropping!	LOW
Potatoes Mids	Egyptian	We are currently working the last of the Egyptian Charlotte we will then be moving over to new season English before the end of the month. Please be aware of the short shelf life on new season Mids we suggest you keep stocks tight.	MED
Red Onions	Egyptian	We are now into the Egyptian season quality is excellent.	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 for just a few minutes. A great alternative to purple sprouting whi8ch is now out of season.	MED







Fruit - UK

PRODUCT	ORIGIN	COMMENTS	PRICE
Bramley Apples	UK- Kent	Bramley Apples still great quality, perfect for crumbles! Prices may has as stocks came from cold store.	MED
Rhubarb	UK- Cheshire	We now have new season outdoor Rhubarb available from our Holmes Chapel grower Roy Halman. Sensibly priced, excellent quality.	LOW
Strawberries	UK- Staffordshire	Local Staffordshire Strawberries now in full flow and reaching the peak of perfection!	MED
Raspberries	UK/Spanish	English start of the season will have a short self life. We will move over to the English as soon as the berry is hardery.	MED
Blueberries	UK	A forgotten hero! Super versatile berry that is classed as a superfood, quality superb.	MED







Fruit

PRODUCT	ORIGIN	COMMENTS	PRICE
Avocado	Israeli/Kenyan	Very popular at the moment, we are stocking Hass Avocado- excellent quality. Ask for Ripe and Ready to Eat Avocados.	MED
Banana	Costa Rica	Consistently good quality! Now available in handy 1 kilo bubble wrapped packs.	MED
Blackberries	Dutch	The UK season is just around the corner!	MED
Conference Pears	Belgium	Excellent quality, note prices are on the rise!	MED
Easy Peelers	Peruvian	New season Satsumas, no concerns with quality or supply.	MED
Eating Apples	French/South African	Golden Delicious, Granny Smith and Royal Gala are eating superb. All out of temperature controlled storage.	MED
Figs	Turkish/Brazilian	Availability is now better, stocks have been tight in previous weeks.	MED
Grapefruit Pink & White	Cyprus	Tart and tangy with an underlying sweetness.	MED
Green Grape	Egyptian	New season Egyptian now in stock. Prices will fall as we get into the season.	MED
Lemons	Spanish/South American	Spanish now in stock, South American available soon! Expect prices to soften.	MED
Limes	Mexican	New season Mexican now in, prices have eased slightly.	HIGH
Mango	Kenya	Prices have now eased! Excellent ready to eat available.	MED
Melon Cantaloupe/ Galia/Honeydew	Spanish	New season Spanish, sensibly priced.	MED
Oranges	South African	Quality at its speak, superb value.	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	Spanish	We are currently using the Early Queen Spanish variety.	MED
Red Grapes	Egyptian	New season Egyptian now in stock. Prices will fall as we get into the season.	MED
Redcurrants	Dutch	Excellent quality. Prices have eased as we get into the new season.	MED
Watermelon	Spanish	We are now into the Spanish new season, quality great. Very popular at the moment!	MED







Salad & Mushrooms - UK

PRODUCT	ORIGIN	COMMENTS	PRICE
Baby Leaf	UK- Lancashire	Great quality for salad mixes and excellent for dressing gourmet food. Ideal for your summer salads.	MED
Bryans Salad Leafy	UK- Lancashire	Leafy available in both 110g & 500g. Bryans Salads are all packed and grown within a one mile radius of the Lancashire suppliers site.	MED
Celery	UK- English	New season English is now available, picked up three times a week for the same grower as our Iceberg and Little Gem direct from Gorhall Farm.	MED
Cos/Romaine	UK-Cheshire	New season Cos now coming from our Cheshire supplier Roy Halman, quality is superb.	MED
Curly Endive	UK- English	The quality and size of the English has now improved.	MED
Flat Lettuce	UK-Cheshire	Great quality English Lettuce now coming from our Cheshire supplier Roy Halman.	LOW
Iceberg	UK-Lancashire	Picking up from Southport new English Iceberg. Lancashire sourced, this firm favourite is excellent right now.	MED
Lambs Lettuce	UK- Evesham	Good quality with a distinctive tangy flavour. Great alternative to Watercress.	MED
Little Gem	UK-Lancashire	Fresh from our supplier, quantities are plentiful once again, quality excellent.	MED
Lollo Biondi/Lollo Rosso Lettuce	UK- Cheshire	Great news we are now using local supplier Roy Halman, tender yet crisp texture makes these leafs ideal for salads.	MED
Oakleaf Lettuce	UK- Cheshire	Another superb quality lettuce from our Cheshire grower, great value.	MED
Exotic Mushroom	UK	We have daily deliveries from our Evesham supplier. Excellent mix with 6 different types of mushroom, hugely popular, superb quality.	MED
Oyster Mushroom	UK- Lancashire	Superb quality, available in 1.5kg punnets.	MED
Rocket	UK/Italian	A great fresh peppery taste! Available in 100g, 500g, currently at its best!	MED
Tomato Heritage	UK- English	A very popular and colourful product definitely worth a try. Cheshire Heritage Tomatoes due in at the middle of July.	MED
Watercress	UK- Lancashire	Excellent quality, sold in punnets or bags. These are currently being supplied by our Southport grower Duerdon Brothers.	MED







Salads

PRODUCT	ORIGIN	COMMENTS	PRICE
Chilli Red & Green	Dutch	No concerns with quality or prices at the moment.	MED
Cucumber	Dutch	We are now into the Dutch, the Spanish season has now finished.	MED
Peppers Green/Red/ Yellow	Dutch	Class 1 and better value class 2 available. Prices have eased in the past few weeks but are still high. Shortage of class 2 Peppers is expected to continue in the short term.	HIGH
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 hot but sweet taste. Fresh bunch Radish now available, always popular in the Summer.	MED
Spring Onion	Mexican	Quality is excellent, value great.	MED
Tomato Beef	Dutch	Excellent quality, now pre-packing in 4's or available as a 3kg box.	MED
Tomato Cherry	Spanish/Dutch	Superb quality now at their best and tasting brilliant. Excellent quality and price. Yellow Cherry Tomatoes also available.	MED
Tomato Cherry Vine	Dutch	Excellent quality at the moment, growing in popularity all the time.	MED
Tomato Vine	Dutch	At their best right now, super value.	MED







Mushrooms

PRODUCT	ORIGIN	COMMENTS	PRICE
Baby Button Mushroom	lrish/Dutch/Polish	Good quality. Please specify baby when placing your order.	MED
Chestnut Mushroom	Irish/Polish	Great addition to your menu as they have that earthy flavour that everybody loves!	MED
Cup Mushroom	Irish/Dutch/Polish	Fresh deliveries every day. Class 2 available at a lower price contact us for prices.	MED
Flat Mushroom	Irish/Polish	Large and Medium available and now graded. Both stuffed or fried taste amazing.	MED
Portobello Mushroom	Irish/Polish	Great quality and now graded for consistency in size, these are becoming more and more popular.	LOW









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