

# Produce Update

## March Highlights



Heritage Tomatoes

UK Heritage Tomatoes are now in stock! Available in a 3kg box, superb quality.







Superb quality Turnips available in 5kg boxes or by kilo.

## Not in Season



UK Sprouts will finish this month.

Cavolo Nero

UK season for Cavolo Nero has now finished for a couple of months, but Italian is available.





Rhubarb

We are currently supplying forced Rhubarb which is high in price. Once outdoor grown English Rhubarb is available, prices will ease.

### Vegetables - UK

PRODUCT	ORIGIN	COMMENTS	PRICE
Beetroot Red, Candy & Golden	UK-English	A firm favourite and it is still of superb quality. A great seasonal, hardy vegetable.	MED
Cabbage Red/White	UK-English	Red & White Cabbage is now at its best, very competitively priced.	MED
Cabbage Savoy	UK-English/French	We're coming towards the end of the crop season, so produce may differ in size. If necessary we will substitute with French varieties.	MED
Cabbage Tundra	UK-English	We are supplying brilliant quality Tundra Cabbage.	MED
Carrots	UK- English	We're now well into the English season. No concerns in quality.	MED
Cauliflower	UK-English/French	We're now into the Winter cauliflower season, supply is ok currently. Please be aware that severe weather conditions may effect availability, so we may occasionally have to source French instead as a substitute.	MED
Chantenay Carrots	UK-English	We're now supplying English chantenay carrots, which are back to their normal bite size variety. We're now also supplying rainbow chantenay carrots.	MED
Curly Kale	UK-Southport	Our local supplier has finished for a short period, so we will be sourcing from other growers in Southport.	MED
Leeks	UK-English	English leeks are now available, brilliant quality.	MED
Onions, Red	UK-English/Dutch	We're mostly using Dutch varieties of red onions at the moment. English varieties are being used when possible.	MED
Pak Choi	UK-Lancashire	Great quality pak choi from our Southport grower.	MED
Parsnips	UK-English	We're now supplying English parsnips.	LOW
Parsnips, Piccolo	UK-English	English Piccolo Parsnips are now available.	MED
Potatoes	UK- Cheshire	We're primarily supplying Wilja varieties, with occasional Maris Pipers. Our prepared potato varieties are Arcade, Deva & Segita (Chipping). There is no problem with shelf life, as most potatoes will be in store now.	LOW
Potatoes Jackets	UK -Cheshire	We're using potatoes with a set skin. Excellent quality.	MED
Potatoes Mids	UK-English/French	We are now using an English Maris Peer variety sourced from Norfolk. We will also be using various French varieties when English isn't available.	LOW
Sprouts	UK-English	We still have English sprouts available, but the season is nearing its end.	LOW





### Vegetables

PRODUCT	ORIGIN	COMMENTS	PRICE
Asparagus	Peruvian/Mexican	We're now progressing into the main Peruvian season, no problems with availability.	MED
Aubergines	Spanish	We're now using Spanish varieties, quality and supply both great!	MED
Baby Vegetables	South African	Carrots, courgettes, fennel, beetroot, leeks, rainbow carrots & turnips all sensibly priced.	MED
Broccoli	Spanish	We're now using 6kg Spanish Broccoli, great quality, supply is consistent.	MED
Celeriac	Dutch	Great in soups or stews. Can be roasted, boiled, mashed or raw in salad.	MED
Courgettes	Spanish/Moroccan	We're currently sourcing our courgettes directly from Spain. We're well into the season so prices are easing.	MED
Fennel	Italian	We are now well into the Italian season, quality excellent, prices stable.	MED
Fine Beans Top & Tailed	Kenyan/Zimbabwean/Egyptian	Excellent quality and one of our best sellers. Available in boxes of 4 x 500g (best value) or 10 x 150g. There may be a gap in the Kenyan supply, in which case we'll be using varieties from Zimbabwe. There will also be Egyptian varieties available for a short time, so we will use these when needed. Quality may be compromised as a result of inclement weather.	MED
Mange Tout	Guatemalan	Supply is ok now as we progress into the Guatemalan season.	HIGH
Medium Onions	Dutch/English	We are now primarily supplying a Dutch variety of medium onion, although English is available occasionally.	MED
Onions Large	Spanish	The Spanish season is coming to an end, forcing prices up until the Chilean crop becomes widely available.	HIGH
Round & Banana Shallots	French	Quality has settled as we are well into the French season, sensibly priced at present.	MED
Sugar Snaps	Guatemalan	Availability is reasonable as we progress into the Guatemalan season.	HIGH







#### Fruit - UK

PRODUCT	ORIGIN	COMMENTS	PRICE
Bramley Apples	UK-Kent	We're now well into the English Bramley season.	MED
Rhubarb	UK/Dutch	We are primarily supplying Dutch forced rhubarb, prices are still quite high. Prices are expected to ease once the outdoor grown English arrives.	HIGH





#### Fruit

PRODUCT	ORIGIN	COMMENTS	PRICE
Avocado	Peruvian	Very popular at the moment, we are stocking Hass avocado- excellent quality. Ask for ripe and ready to eat avocados.	MED
Bananas	Costa Rican	Consistently good quality!	MED
Blackberries	Dutch	We are now mainly using Dutch varieties of Blackberries. You may have noticed the price increase, this will ease as the season progresses.	HIGH
Blueberries	Spanish	Spanish varieties are now available. Quality superb.	MED
Conference Pears	Belgium	Belgian Conference Pears have now arrived, excellent quality.	MED
Easy Peelers	Spanish/Moroccan	We're well into the Spanish season now, we will be switching between Clemenvilla & Nadorcotts.	MED
Figs	Brazilian	Very reasonably priced & excellent quality. Also available in a handy prepack!	MED
Grapes Green/Red	South American	We're currently supplying great quality South American grapes.	HIGH
Lemons	Spanish	We're currently supplying new season Spanish Lemons, Prima Flora varieties will be replaced by a Verna variety as we move through the season.	MED
Limes	Brazilian	Prices have now eased as supply has improved.	MED
Mango	Kenyan	Excellent ready to eat available.	MED
Melon	Brazilian	Most melons coming from Brazil at present - no quality concerns.	MED
Oranges	Spanish/Morrocan	We have now moved over to Spanish Oranges. Our variety of large oranges are currently Navels.	MED
Pineapples	Costa Rican	We are supplying the extra sweet variety, we've had no problems keeping up with the demand.	MED
Raspberries	Spanish	We're now supplying Spanish varieties of Raspberries.	MED
Redcurrants	Dutch	Dutch season is now in full flow.	MED
Strawberries	Spanish	We're now well into the Spanish strawberry season.	MED







#### Salad - UK

PRODUCT	ORIGIN	COMMENTS	PRICE
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
Flat Lettuce	UK-Cheshire	Still good quality English Lettuce, supply has increased. Grown in Cheshire by Roy Halman	MED
Tomatoes Heritage	UK-Cheshire	We're now supplying UK Heritage Tomatoes, superb quality.	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
Baby Leaf	Italian	Quality is great, prices have eased.	MED
Celery	Spanish	We're now using Spanish, size & quality has now improved.	MED
Chilli Red & Green	Dutch/Spanish	Dutch red & green chilli's now available, no quality issues.	MED
Cos/Romaine/Little Gem/Iceberg	Spanish	We are currently supplying Spanish varieties of Cos, Romaine, Little Gem & Iceberg.	MED
Cucumber	Spanish	Our Spanish Cucumbers are superb quality and sensibly priced.	MED
Lambs Lettuce	Spanish/Italian	Good quality with a distinctive tangy flavour. Great alternative to watercress. We're now using Spanish & Italian varieties.	MED
Lollo Biondi/Lollo Rosso/Oakleaf	French/Spanish	We're now using French & Spanish varieties, sensibly priced. Our leaf is delivered three times a week from our supplier in Covent Garden.	MED
Peppers Green/Red/ Orange/Yellow	Spanish	We are currently supplying excellent class 1 Spanish peppers in all colours. Prices are still buoyant & quality is excellent.	MED
Plum Tomato	Spanish	6kg Spanish loose plum tomatoes are now available, great quality.	MED
Radish	Dutch	Very popular with an inviting hot but sweet taste, no quality concerns. Our breakfast radish has increased in demand this year!	MED
Rocket	Italian	A great fresh peppery taste! Available in 100g & 500g. Shelf life has improved.	MED
Tomato Cherry Vine	Spanish	Excellent quality at the moment, growing in popularity.	MED
Tomato Vine	Spanish	Excellent quality at the moment, we're now using Spanish varieties.	MED







#### Mushrooms

PRODUCT	ORIGIN	COMMENTS	PRICE
Baby Button Mushroom	Irish/Dutch/Polish	Good quality. Please specify baby when placing your order.	MED
Chestnut Mushroom	Irish/Polish	A good alternative to regular mushrooms, becoming more popular.	MED
Cup Mushroom	Irish/Dutch/Polish	Fresh deliveries every day. Class 2 available at a lower price, contact us for details.	MED
Exotic Mushroom	UK - Evesham	We have daily deliveries from our Evesham supplier. Excellent mix with 6 different types of mushroom, hugely popular, superb quality.	MED
Flat Mushroom	Irish/Polish	Great quality, taste amazing whether stuffed or fried!	MED
Oyster Mushroom	UK - Lancashire	Superb quality, available in 1.5kg punnets.	MED
Portobello Mushroom	Irish/Polish	Great quality and now graded for consistency in size, these are becoming more and more popular.	MED









## Quality Produce for Caterers

