

Fresh Gazette

Monthly update on all things fruit & veg!

October Round up

This time of year is always tricky, as there are big season changes across the board.

Salad wise Dutch crops have near enough finished and Spanish begins, however there is usually a shortfall during the cross over period where Spanish crops do not have enough volume to meet demand. When we experience shortages on produce this pushes prices above average.

Fruit wise citrus season all goes over from European to the southern hemisphere and we import from places such as South Africa & Argentina, again this causes price increases and sometimes you will see a blip in quality. Other elements to consider for the upcoming season is Spain and other parts of Europe including the UK have experiences torrential rain and flooding so this can cause problems on certain products with regards to availability and quality

Veg & Salad

Avocados are holding there high price and look to do so for the rest of the month. **Tomatoes, Aubergines & Peppers** are usually most affected by the switch over to Spanish season as prices can really shoot up. **Tomatoes** are very high in price currently and Spanish are not best known for their quality.

We've been using English **Fine Bean** but these will be soon be finishing and we will go back onto Kenyan. **Red & white Cabbage** have dropped in price and are a nice size. **Cauliflowers** are a good size and price however they are easily affected by and drastic change in weather.

Winter & Christmas Menu Prep 🍷

Chantenay Carrots both orange and mixed colours are available and always a popular option due to the minimal prep required. **Piccolo Parsnips** are also around and again require minimal prep. **Brussels Sprouts & Tops** have started in plenty of time for your Christmas menus.

Variogated Kale and **Black cabbage** are always a great product for autumn/winter. **Cimme De Rappa** has begun its season from Italy for anyone interested in something a little more unusual.

Turkish Figs are amazing this time of year, **Nardicots** are the best to use for an easy peeler, they taste unreal.



Halloween!

October is the perfect time of year for **Pumpkin and Squashes**. There is a wide variety available and all ranging in size, colours & tastes so definitely something to tickle everyone's fancy.

Remember, always order your **Halloween Carving Pumpkins** in advance, every single year the closer to Halloween the shorter the supply!



Buying British 🇬🇧

English lettuces such as **Biondi, Lollo, Oakleaf, Iceberg, Cos & Gem** are all around but will finish up by the end of October. We will switch over to winter crops from French and Spanish.

All **Apples** should now be steady as European crops have started and there is a lot of English varieties available such as **Cox, Russet and Red Windsor**. English **Strawberries & Blackberries** are on their last legs so cling on to the last of the summer and grab them whilst you can! English **Plums** will be around for the beginning of the month but will disappear as October goes on.

Fruit

Blueberries & Raspberries are now coming from abroad and prices will increase as we head into winter. **Grapes** are a good price and great quality. **Kiwi's** are more plentiful now and a better price point. **Melons** of all variety are good size and quality.

Citrus fruits are very tricky. **Oranges, Lemons & Limes** are all coming from the southern hemisphere. Prices are high and availability has been a bit hit and miss. We are hoping this settles down as the season progresses. All stone fruit will now switch over to also to southern hemisphere and **Peaches, Nectarines, Apricots & Cherries** will all be poor quality and very high prices.



Wild Mush Corner

Yellow & Grey Chanterelle's are around but peak season is November

Ceps—it's the beginning of peak season is October so quality is good!

Trompettes are available until December but higher in price until end of October

Pied Du Mouton come into there peak season mid October

Girolles will be available but higher in price than September