

# Fresh Gazette

Monthly update on all things fruit & veg!

## January 2020

Happy new year to you all. We hope you had a successful festive period and ready to hit the ground running for 2020. As always we have prepared all the info you will need for the coming month. Unfortunately weather is causing havoc all around the world and we are seeing it have major affects on fresh produce so it is really important that we keep you up to date on current market conditions.

### Veg & Salad

I can imagine everyone is sick of the sight of **brussels** but they will still be available throughout Jan. We all want as much goodness as we can to cancel out all the chocolates and liquid calories weve consumed at Christmas so products such as **Kale & Cavalo Nero** are definitely top picks, **variegated** and **red russian kale** is still available if you want something with a bit more colour. **January king cabbage** also is something to put on the menu. **Globe & Jerusalem artichokes** are fantastic throughout the month. **Candy & golden beetroots** are good quality and highly recommended. **Cauliflowers** are getting easier to source after flooding caused issues. **Sweet potatoes** have been creeping up the last couple of months in price. We are still feeling the affects of the severe flooding in Kenya with **tenderstem, mange tout & suga snaps** still in short supply and premium prices.

**Avocado's** are better in price for this month. **Curly endive** has gone short as crops from Spain are short so we are having to source from France which is costing more, however you do get more yield on French varieties. **Large leaf spinach** is very short, and prices are very high, this is due to flooding in France. Most **tomatoes** will be coming from Spain with odd Moroccan varieties slipping in, winter is not a great time for tomatoes with regards to pale colour and not great taste. We are able to source some more exotic varieties from Italy such as **chocolate camone, mixed colour cherry vine and baby san mazarno**. Other speciality produce coming from Italy at this time of year include **Monks beard, Pink raddicio, cimmi de rapa & castel franco**.



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### From our Forager

Depending on weather conditons foraging can become quite tricky during winter months.

Three cornered garlic is for sure the highlight this month as it wets our taste buds before the delightful wild garlic returns for the season.

### Potatoes

As we mentioned last month potato supplies across the country are tightening up due to the severe floods we experienced at the end of last year. This is going to have a long term affect through out 2020 so please be aware that size and prices will be affected. **Agrier potatoes** have come to the end of season so we are using **maris piper** for a chipping variety. Maris have a slightly whiter coloured flesh but they are the best around for chipping



### Fruit

**Blood & Seville oranges** will be the highlight of the next couple of months. Be sure to make the most of the season as there not around for long. **Yorkshire rhubarb** made an appearance in December but January is where we will see real volumes start. **Bramley apples** have dropped in volume due to the weather so prices are slightly higher for this month. **Berries** can be tricky throughout winter as they are being imported from all over the world, we are sourcing the best possible quality daily. Even though Christmas is over **clementine's** are still great to use and tasting delicious, we will also see some **nardicots** come through. **Lemon & lime** are looking good in both quality & price. It's not a great time for **figs** they are small in size and prices are quite steep so again I would try to avoid. **Pineapple** has jumped in price but should only be a short term problem.

### Wild Mush Corner

Girolles—USA & Portugese varieties available (£££)

Yellow & Grey Chanterelles (££)

Pied de Mouton (££)

Trompette (£££)

Pied de bleu (££)

Ceps have now finished

