



Issue 05 February 2020

Fresh Gazette

MONTHLY UPDATE ON ALL THINGS FRUIT & VEG!

Finally the year of January is over, well done all we made it! The weather in northern Spain has been causing havoc for us as a majority of produce at this time of year is grown here. We have also had some colder weather in the North of England which has also not helped growing conditions for some of the root veg. We have however seen the first signs of spring produce such as wild garlic make a very early appearance so read on for all the latest updates as we think February is going to be an exciting month.

Veg & Salad

As mentioned above severe flooding and frosty weather in Spain has caused supply problems with **Aubergine, Peppers, Courgette, Cucumbers, Iceberg & Cos Lettuces.** Prices have shot up due to shortages and quality has been affected. We are hoping by the end of the month Dutch varieties will start to help fill the shortfall. **Jersey Royals** start although the price at the beginning will be extortionate. Salad wise the winter months take their toll and we are limited on produce such as **quality tomatoes** and **large leaf spinach** which are both not at their best. We saw some lovely **Pink Radicchio** which was a treat.

Butternut squash has been in short supply however Brazilian season has now started so we should see improvements on availability. On a more positive note we have seen **Purple Broccoli** quality & quantities improve and is looking great. We saw the first **White Sprouting Broccoli** make an appearance over the weekend also however the price is quite steep. **Monks Beard** is still available and really lovely quality. All **Artichoke** varieties are fabulous at this time of year and highly recommended. Good sized **Cauliflowers** are hard to come by due to the weather affecting growing conditions in Lincolnshire, we are having to buy French varieties which are a premium price.

Wild Garlic!

We were over the moon to see the first wild garlic start. Please pre-order with us as it is limited supply until the season fully kicks in

From our Forager

We have had an exciting week with wild / foraged foods. **Wild Garlic** is the big highlight coming in from Cornwall. **Alexander Buds** are a great pick too. Something a little luxurious is **Scarlet Elf Cup Mushrooms** which have been appearing in the west country woodlands. Please get in touch for a full availability list.

Wild Mushrooms

Chanterelles & Pied Mouton are the best value right now. We saw shortages on **Girolles** as Portugal experienced very dry weather but the recent rain has improved availability. It looks like the Turkish season on **morels** will start later this year so still relying on Chinese varieties. **Trompette** will be expensive as European has finished so will be replaced with American. After a very dry January South African **Ceps** have made a return. As mentioned previously **Scarlet Elf Cups** have been appearing in the west country woodlands and supply should increase week by week. Due to the snow in Spain it has made **truffle** supply near on impossible, however there is a small quantity available on pre-order. We are also now able to take pre-orders on **Spring White Truffles.**



Fruit

Yorkshire rhubarb is still holding its price but it really is worth the money. **Blood & Seville oranges** are expected to finish by the end of this month so please do get them whilst you can. We have had trouble with **pineapples** due to shipments being held up from Brazil, sizes have been small but we are hoping this will be a temporary measure. **Nardicots** are lovely & juicy and not to be overlooked. All **berries** have been in short supply and unfortunately they are all imported at this time of year.



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Quality **White Grape** has been harder to source. **Moscato Grapes** are available in small quantities but have a hefty price tag. Believe it or not we saw **Frais de Bois** from Spain, personally we think they are best left for summer but if there is a special occasion let us know could be a good shout for Valentines day.

