

Fresh Gazette

MONTHLY UPDATE ON ALL THINGS FRUIT & VEG!

We have seen the first sights of spring, as hard as that is to believe as we battle storm **after** storm. However spring produce has most certainly sprung and ready to go on your new menus.

Veg & Salad



The big news this month is that **wild garlic** has landed and is more plentiful & ready to go on the menu. We wait all year for this so please make sure you are taking advantage. We also had the very first **English heritage tomatoes**, we are over the moon to see English tomatoes back. They come in 3kg mixed boxes and have a lovely mix of size & colour. We have also been receiving some beautiful **datterini tomatoes** from Italy. Some gorgeous Italian lettuces are in season, **castel franco & pink raddichio** are our favourites. **Breakfast & heritage radishes** are simply stunning and if you are looking for something really different why not try **watermelon radish** (A.K.A red meat radish). The first **nettles** are also around but in limited quantities. Egyptian **wet garlic** is another great product that has just started

Jersey Royals have now made an appearance, we saw the first flourish arrive end of Feb. Prices as always start quite steep so might be worth holding off until next month. **Butternut squash** has been in short supply however Brazilian season has now started so we should see improvements on prices. English **Purple Broccoli** quality & quantities have improved and is looking great. We saw the first **White Sprouting Broccoli** make an appearance in February so march we should see the price come down (pre-order only). We have seen some lovely **globe artichokes** coming in and for great prices. Italian **Fresh peas & broad beans** have made an appearance and are always a welcome addition to spring menus. **Golden Turnips & White beetroot** will give you some lovely colours on your plate.

New product alert!

We are very excited to be able to offer a range of **Tahini Paste**. Including **black tahini & halva tahini**. Please get in touch for more details

Wild Mushrooms

It's not a great time currently for wild mushrooms as the winter crops have finished earlier than expected and we are still awaiting the spring flourish to arrive. Chanterelles, trompette, girolle, scarlette elf cups & south African ceps are available but at premium prices. There is a great range of exotic mushrooms that we recommend using such as **lions mane, coral fungus, mini king oyster & hen of the wood**. We are also now able to take pre-orders on **spring white truffles**. For more information and full availability list please get in touch.

Potatoes

From 1st March will be working with Koffman potatoes for our chipping varieties. If you are yet to try the Koffman variety then do let us know and we can give you more information.

Fruit

Yorkshire rhubarb is still fabulous. **Blood oranges** are also still delicious & juicy but will soon end. **Pink tiger lemons** have been very popular, their pink variegated flesh makes them visually appealing as well as tasting delicious. The more mature they get, the pinker they turn inside. Pink G&T anyone? Another unusual citrus fruit available is **buddah fingers** (pre-order only) **Gariguet strawberries & Fraise du bois** are also available. A new product we have seen is **watermelon plums**, deep red flesh on the inside.

From our Forager

This month we are recommending from our wild food supplier, **Sea leeks, salty fingers, wild onions & three cornered leek flowers**. As the weather gets warmer we will be delighted to see more foraged produce. For a weekly availability list please get in touch with us.

