



August 2020

## MONTHLY UPDATE ON ALL THINGS FRUIT & VEG!

We can't quite believe we are already in August. With 'stay' cations the new vacays let's look forward to a busy summer. As always we promote using UK grown produce as much as we possibly can & now is the time. We are working with more UK farms than ever before ensuring we supply our customers the very best produce available.

### Veg & Salad

We saw some strong prices during July for **Broccoli, Cauliflower, Swede & Parsnip**. Thankfully this seemed to have eased as the UK growing season is now underway.

**Savoy Cabbage** price has also eased and now a great buy. **leeks** are now English as well as **carrots** and prices on both have eased. We are now using English **Fine Beans** instead of Kenyan, reduced air miles means a better quality product. English bobby, broad beans & peas are all bang in season for summer menus. **Mange tout & suga snaps** are costing more than average so really recommend using alternatives. **Hispi Cabbages** we highly recommend for Sunday roasts & are also English. There is a shortage on **Tenderstem broccoli** due to a Covid-19 break out at the farm.

**New potatoes** are up in price as we await the new season crop. English **Corn on the Cob husks** have arrived and they are lovely & sweet, perfect for summer dining.

**Asparagus** is very expensive currently, we're waiting for Mexican season to start however I would really try to avoid. **Peppers** are up and down like a yo-yo as we are relying on Dutch auctions every day. **Large onions** are now back to Spanish season so prices will ease and quality will return to normal. We are sticking with French **frisee** as the yield on the English varieties is not great. We are using English **lollo, Oak & Biondi** as they are lovely large heads.

### Fruit

All **apples** are coming from Southern Hemisphere, we are hoping to see English varieties start appearing at the end of the month. Citrus fruits such as **Oranges** (all sizes) & **grapefruits** are also coming from southern hemisphere and demanding more money. **Kiwi** is also up in price as it's also being freighted from New Zealand. **Pomegranates** are out of season so suggest avoiding as prices are high and quality not at it's best.

Brazilian **Lime** season comes to an end leaving us to rely on Mexican supplies, prices usually rise quite steeply this time of year so watch out!

We know we mention this a lot however all **berries** are English and coming direct from our grower in Kent, it really is the best time for berries so please make use of the great prices & quality.

English **Cherries** will be at their best this month it is such a short season so again please take advantage.

**Peaches (flat & round), Nectarines (flat & round) & Apricots** all fantastic quality.

### Dry Stores

we are now able to offer a wider range of dry store items. Chopped tomatoes, kidney beans, tuna & sauce sachets & many more

Please give us a call for a full product & price list

### PPE & Hygiene

We have adapted our business during the current situation and we are able to supply PPE & Hygiene products. Items such as 3ply medical masks, FFP2 Masks, face visors & eye shields, vinyl gloves, sanitizing wipes & gels.

Please get in contact for a full availability & price list



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