



# Fresh Gazette

October 2020

MONTHLY UPDATE ON ALL THINGS FRUIT & VEG!

This time of year is always tricky, as there are big season changes across the board. Salad wise Dutch crops have all but 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. Mid October we should see the market level out.

## Veg & Salad



English season is now unfortunately ending so some lines such as **Broccoli, Courgette & beans** we will now need to import. **Chantenay carrots** both orange & mix colour are back in season along with **piccolo parsnips**. Both great to use as they require minimal prep time. English **rainbow carrots** have also started if you prefer larger size. English **Romanesque** appeared last week, slightly small to begin with but the size will improve as the season gets underway. **Variegated Kale** is always extremely popular, not only a lovely mix of colour but mix of textures (highly recommended for autumn/winter). Now is the time for root vegetables and if your after something a little different **chervil & parsley root** are now in season. **Salsify** is also a great root vegetable for this time of year.

Although Halloween is going to be very different this year, we can still get you in the mood with a selection of **pumpkins, squashes & gourds** to eat and for decoration. Get in touch for a full list of varieties. **Purple broccoli** is bang in season and a decent price so get involved! **Cimme de rappa & cavolo nero** are also both great staple products for autumn/winter. It's not a great time for salads at this time of year. As the weather gets colder growing conditions make it difficult for salad items and we usually see shortages. We are already seeing a shortage on **Lollo Biondi & Oakleaf** with English finishing earlier than expected.



## Fruit



**English apples** are in abundance, with so many different varieties we are spoilt for choice! Our top picks are **Russets & Cox** both are so tasty & juicy. After a difficult season **Bramley apples** are a much better price & quality for this month (perfect time to warm your souls with a delicious crumble) English plums have now finished until next year (sigh). For an easy peeler **Nardicots** are in season and very good quality. **Lemon & Lime** prices are much better for October & volumes are back to normal.

**Grapes** are up in price for this month as there is not much choice around. Italian is our best bet for quality which demands a higher price. **Grapefruit** has been costing top dollar as supplies from South Africa are tight. **Pineapple, Mango & Melons** are all better for October in both price & quality.

All stone fruit has now finished (**peaches, nectarine, apricots**) anything available is coming from the southern hemisphere tastes awful & costs an arm & leg. **Cobnuts** have also finished their season until next year.

## Mushrooms & Foraged

**Scottish Girolles** are still going strong & expected to last until the end of October weather depending. Great recommendations for this month are **Pied du Mouton & Hen of the wood**. **Ceps** are available please get in touch for prices. **Sloe berries, Lingonberries & crab apples** are great wild fruits for this month.

**Autumn truffles** are available on a pre-order basis



## 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



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