



Fresh Gazette

MONTHLY UPDATE ON ALL THINGS FRUIT & VEG!

As we say goodbye to the summer months and welcome the Autumn, we look forward to another season of lovely produce. The nights will become darker & temperatures will start to drop. Well that's the plan but this is 2020 so who knows, the sky could end up turning green and it wouldn't exactly surprise us. Anyhow, read on for all our seasonal recommendations for this month.

Veg & Salad

Unfortunately the mighty Jersey Royal season has come to an end, we do have some lovely **Norfolk scrapers** so give these a try. Autumn is a great time to use English **mixed squashes**. **Blaze, harlequin, spaghetti & patti pan** are just few varieties available and all grown in the UK. **Aubergine** prices have jumped up as Dutch season draws to an end. We predict **Peppers** will follow suit at some point this month with Dutch season coming to an end. We have switched over to a fantastic quality **new potato** by 'Pierre Koffman'. Koffman's potatoes have proven to be a fantastic product and have had great feedback on chipping varieties so we are very pleased to work more lines.

Avocado's are a great price this month and fantastic quality. English salads have taken a battering due to flooding in fields caused by torrential weather, crops have been completely water logged so we have seen both quality & availability suffer. **Cobnuts** will be great for this month and perfect for Autumn menus. We was very surprised to see the first **Brussels sprouts** arrive on the market. We don't even want to think about Christmas right now so we'll just stop right here.

Fruit

We are flooded with beautiful English **plums** this month including **Victoria, Damsons & Greengage** just to name a few. English **apples** will become more plentiful as the month rolls on, we already have **Early Windsor & Discovery** available and they are a great alternative to your standard granny & red delicious coming from New Zealand. English **pears** will also start the season this month. Turkish **Figs** will be a highlight this month so keep your eyes peeled for special offers.

We will hang on to English **berries** as long as we can however usually in September things get slightly tricky as supplies start to dry up here in the UK and we seek supply from abroad. English **Cherries** have completely finished and the only alternative is American which cost a pretty penny, please do not order! Other stone fruits from Europe such as **peaches, nectarines & apricots** will all start to finish, again only alternatives are imported from further afield and the quality & price really become ghastly. **Lemons** have risen in price as we await the start of the Spanish season. **Lime** prices are still holding strong from August. **Grapes** will become tricky as Spanish season finishes.

Mushrooms & Foraged

Scottish Girolles are still going strong, now is a great time to cash in on great prices. **Ceps** are available but costly. Last chance to get your hands on **Summer truffles** (please pre-order). Anyone wanting to make Gin, sloes are available also (we like a bit of Sloe Gin at FC head quarters) For those lovers of wild foraged produce **wood sorrel, crab apples & marsh samphire** come highly recommended for September, or If you are really spontaneous why not try one of our mixed forged boxes?

Get in touch for more information on our foraged availability.



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