

Fresh Gazette

MONTHLY UPDATE ON ALL THINGS FRUIT & VEG!

NOVEMBER 2020

You would have noticed the last few mornings have become a bit frosty which is a great indication that winter is well and truly on its way. When the weather drops we all do away with the salads and want something that's going to warm the soul. This time of year there is an abundance of produce that will compliment your winter menus full of seasonal delights. From aromatic quinces to hearty mixed squashes November is an amazing time of year for seasonal fruit & vegetables.

Veg & Salad

Asparagus is completely out of season and extremely expensive, please avoid!

All English **lettuces** and **soft leaf salads** have now finished and will be coming from Spain & France. **Tomatoes** are all switching over to Spanish also, prices are still quite volatile. There is some lovely Italian salads available such as **puntarella, tardivo & castel franco**. **Pink radicchio** should also start this month. English herbs have now finished and the Spanish/Israeli season has just started so quality will be slightly hit and miss until the season is really underway.

Celeriac is a good price and quality is excellent, always a reliable root vegetable. **Broccoli** will now start coming from Spain in a 6 kg box, we are hoping for a good season. **Purple sprouting** is still coming in from Worcester, quality is excellent. **English tenderstem** is now finishing and we will see a slight shortage until Spanish season starts so may be a bit tricky this month. **Leeks** are a good price and really good quality.

We have seen some **January king cabbage** around but it is still very early season so colour is very pale. **Kale & Black cabbage** will be at the height of its season now until after Christmas. We also have some lovely **variegated kale** coming from Lancashire. **Golden & Candy beetroot** coming from Wiltshire is beautiful and lovely roasted for winter. **Tokyo Turnips** have started their season, be sure to use the greens as they are full of goodness. **Chervil** and **parsley root** are in season and a great root vegetable as is **Salsify**.

Large leaf spinach has changed over to northern season which has increased prices drastically. **Baby Veg** is tricky as growing conditions worsen, availability becomes hit & miss.

Produce which has now started its season ready for the festive period is **brussels tops, Brussels on stalk and fresh brussels sprouts**.

Fruit

Blackberries will become an issue this month, English & Dutch will finish so we need to rely on Mexican supply. These will be air-freight so not sure how many deliveries we will receive due to reduced flights because of COVID-19. All other berries will be costing more than the summer months as again UK season is completely over so we only have the option of importing. We have seen some lovely leafy **clementines** coming through. **Turkish Figs** will start to trickle out now. **Grapefruit** will go over to Turkish mid month so will ease prices slightly as they have been costing more than usual. **Grapes** are Italian & very good quality they should stay consistent for the month. **Kiwi** is good price and quality.

The only stone fruit available are varieties coming from new Zealand and south Africa, quality is really poor and prices are extortionate. **Pink lady apples** have not been great quality as there is not much variety available, French season will start any minute so we will then see some consistent good quality fruit. Just in time for Christmas fresh **cranberries** have started. **Pomegranates** are great at this time of year, they come in a variety of sizes. **Kaki fruit** season has also started and these are highly recommended. There is also some more unusual citrus fruit coming through such as **Yuzu, Zebra lemons and finger limes**, give us a call to check prices and availability before ordering. Fresh **quinces** are available and coming in really good sizes, fragrance is just outstanding.



Mushrooms & Foraged

Cep season has been very hit & miss so far but we have seen some lovely ceps this week available at a very fair price. **Winter chanterelle** are in full swing as well as **pied du mouton**, both great prices. **Trompettes** is another fairly priced wild mush & we are also still seeing small euro **girolles**. We are seeing some nice wild coastal produce such as **sea cabbage, sea beet & sea purslane**. **Wild walnuts & medlars** are fruits from the forest for this month.

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