



Fresh Gazette

MONTHLY UPDATE ON ALL THINGS FRUIT & VEG!

DECEMBER 2020

We can't quite believe it's December. What's more we really can't believe we have made it through this shocking year. Let's hope to end the year on a positive note and wish everyone a successful but most importantly healthy month.

Veg & Salad



This month is all about those lovely veggies to go along side your Christmas menus. **Brussels** are looking fab and ready to go, we have either the ready **prepped brussels** to save you time in the kitchen or normal brussels which will need the outer layer removing (please specify when ordering) Also **brussels tops & brussels stalks** are fabulous for Christmas dinner.

Kalettes A.K.A Flower sprouts are now available. For those that have not yet discovered these beauties, a cross between kale & brussels sprout and not to be missed!

Parsnips are UK grown and ready to be roasted, along with UK grown **Carrots**. Again if your looking to reduce prep time in the kitchen we also offer UK **chatenay carrots & piccolo parsnips** (no peeling required).

Another great veg now in season and grown locally is **January King Cabbage**, beautiful dark purple leaves to add colour to your plate. UK **savoy cabbages** is great value & superb quality

Other great root vegetables great for this month is UK grown **candy, golden & raw Beetroots**.

UK **rainbow & swiss chard** are still looking great and full of colour.

Winter is always a bit drab for salad items but we have some lovely varieties coming in from Italy. **Castel franco, pink radicchio, treviso & tardivo** are all something a little special.

As the temperature across the continent drops below freezing **Iceberg, cos, & gem** lettuces quality and price become volatile.

Broccoli & Cauliflower are both great quality however again if the temperature starts to drop below freezing cauliflower can cause problems.

Kale of all colours & black cabbage are also really great quality at this time of year.

Fruit

All **berries** are imported at this time of year and quality / price are certainly nothing to shout about so please only use if absolutely necessary. We have been seeing a shortage on **plums** in the last week and the quality is not it's usual high standard.

Pomegranates are amazing quality & fantastic value for money. **Quince** are also beautiful at this time of year and again great value. We have some lovely **red pears**, we love a bit of red for Christmas! Fresh **cranberries** are in abundance. We have seen some lovely **black figs** from Peru if you are looking for something a little luxury for Christmas. We have seen the first **blood oranges** arrive however they never have much colour to start so give it another week or so before ordering. Fingers crossed we should see some **Seville oranges** by the end of the month which are a dream for making marmalade. We still have **English apples** varieties around and will see us through until March.



Mushrooms & Foraged

Winter **chanterelle, pied du mouton & trompette** are all good value & quality this month. **Ceps** from South Africa are available but cost a pretty penny. We also can get both **black & white truffles** if your really spoiling yourselves (please pre-order).

Foraged from the forest is **Three Cornered leeks** which are great to keep us going until wild garlic season. As it is Christmas time you can't beat a bit of Douglas Fir, the aroma is enough to get you in the festive spirit



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