

Fresh Gazette

MONTHLY UPDATE ON ALL THINGS FRUIT & VEG!

JANUARY 2021

We would like to start by wishing you a happy new year! We are thrilled to see the back of 2020, although there are still hard times ahead we can see a light at the end of the tunnel.

Veg & Salad

Everyone is usually sick of **Brussels** by now, however they will still be around until February.

January King Cabbage thrives this month, grown in Lincolnshire! **Variegated Kale** is another lovely veg to use as the colours really brighten up your plate, again grown in the UK (Lancashire). **Cavalo nero** is great also and full of flavour & goodness.

We will all agree the temperature has definitely got a little frosty recently & it will have an affect on some produce. **Cauliflowers** have been affected by frosty conditions as it slows down the growth so we have seen smaller heads. Also with the ground frozen it becomes very difficult to harvest meaning volumes are lower than usual.

Globe & Jerusalem artichokes are fantastic throughout the month. **Candy & golden beetroots** are good quality and lovely roasted at this time of year. **Salsify** is another great root vegetable to use still for January.

Calcot onions are back in season, they are lovely eaten raw in salads or on the BBQ!

We hate to always blame the weather however we are seeing some sharp rises on key lines due to heavy rainfall & cold temperatures across Spain, Italy & France. **Aubergine, courgette, & lettuce heads (iceberg, gem & cos)** have been most affected. **Broccoli** is also coming from Spain and due to the terrible weather we are experiencing a shortage on crops and very high prices, if possible please substitute with a seasonal green such as **January king, savoy or tundra cabbages**.

Last few weeks of UK **radicchio** before we switch to Italian.

Asparagus is coming from south America and very much out of season so costing a fortune.

Butternut squash is at the peak of it's season and great value.



Fruit

Blood & Seville oranges will be the highlight of the next couple of months. Be sure to make the most of the season as they only run for a couple of months. **Yorkshire rhubarb** made an appearance in December but January is where we will see real volumes start. **Clementine's** are still around however new season nardicots are much better quality. **Quinces** are superb right now and a great price. **Pink grapefruit** is now coming from Turkey and at the peak of it's season. **Mangoes & Pineapples** are beautiful quality and great value (we need something a little bit tropical in our lives). We should see **oranges** ease in price for the month as Egyptian season begins.

Due to a shut down in South Africa caused by the recent finding of a new strain of coronavirus we are struggling to get **grapes** as they are predominantly coming from SA, we are seeing price hikes because of this.

Berries are always hit & miss at this time of year. They are all imported so quality is not great & prices will be up & down like a yo-yo.

We still have amazing **gala & braeburn apples** grown in Tonbridge, Kent available.



Mushrooms & Foraged



Due to Brexit we are anticipating a slight increase on mushrooms across the board due to being predominantly from the EU

With volumes low due to lockdown there is not a wide variety of wild mushrooms available so please do give us a call to discuss & place pre-orders



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