

MAY 2022

Veg & Salad

After a turbulent few weeks & struggling with a very volatile market we are finally seeing light at the end of the tunnel. Prices on **tomatoes, aubergine, courgette & peppers** are all starting to resume as normal.

English growing season is just beginning and we have already seen some wonderful locally grown produce. Tomatoes from the wonderful Tomato stall on the Isle of Wight arrived at the back end of April. **Mixed heritage tomato** boxes are highly recommended as the colour & flavour are second to none.

English **asparagus** is now in full swing and need to be put on the menu ASAP. Our Asparagus is grown on Birchden Farm, Kent, A mere 22 miles from our warehouse.

Broccoli will switch over to English this month however we will see prices rise until the season gets underway. **Lettuces** will also start coming from the UK this month and will make up for the inconsistent quality we have seen coming from Europe.

Leeks are great value at this time of year. **Purple broccoli** is being grown in the UK & great quality right now.

Heritage radish is perfect to add some colour to your summer salads. **Kale & Cavolo Nero** will now switch over to Spanish. **Savoy cabbage** will cost higher than average as this month it is coming from Portugal, we should see new season English start by end of the month.

Large Onions from Spain will now dry up & we are a little hard up for options. Chilean varieties are the best quality but prices will be higher for the next few weeks. **Banana shallots** will also be costing more than average as the seasons are in-between.

Mange Tout & Suga Snaps are in short supply due to bad weather in Kenya.

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Monthly update on all things fruit & veg!

May is looking like it's going to be a fabulous month. The weather is warmer and we are starting to see some gorgeous seasonal, locally grown produce arrive into our warehouse.



Fruit

Summer has truly begun when we start to see beautiful English **Strawberries**. Our **strawberries & raspberries** will be coming from Hughlowe Farm, Kent this summer. Hughlowe farm are members of LEAF & Red tractor certified so you know they are growing sustainably.

Nectarines & Peaches have started their season from Spain. I would still leave it 2-3 weeks before ordering as they are still a little small in size.

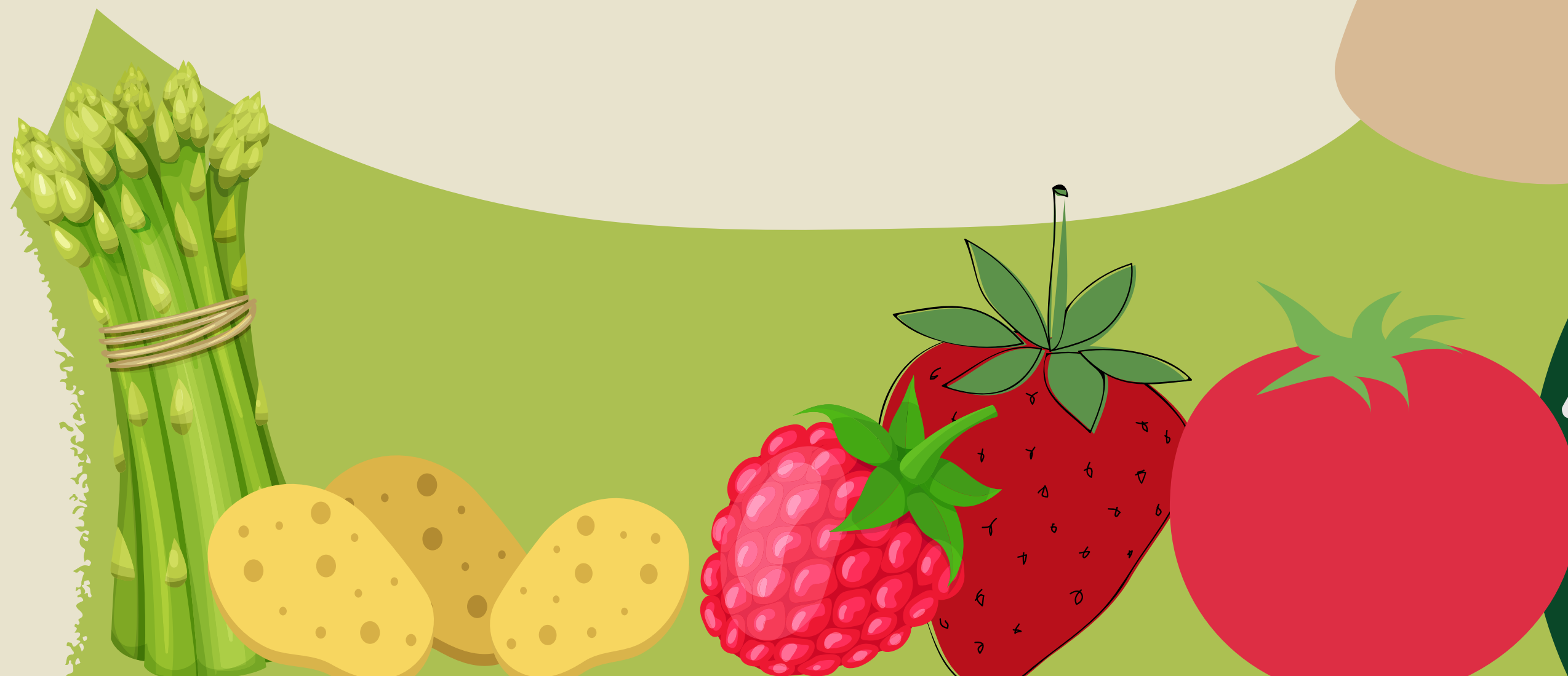
Melons are still going to be a problem for the next 2-3 weeks as we are waiting for Spanish season to begin.

We still have lovely English **Royal Gala & Braeburn** apples around.

Lemons are switching from Spanish to southern hemisphere at this time of year so we will see prices creep up for a couple of weeks.

Mushrooms & Forageable

Last chance to use **wild garlic** this month. We will see some lovely flowers available such as **cherry blossom, lilac flowers & wild garlic flowers**. **Morels, Ceps & Mousseron** are available but please do check prices before ordering.



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