



freshconnect.

Monthly update on all things fruit & veg!

OCTOBER 2023

It's time to start feeling autumnal and looking forward to the delights that October brings. Pumpkins and Squashes are going to be the highlight for Halloween.

Fruit

We had a wonderful summer filled with berries from Hugh Lowe Farm in Kent but now the season is drawing to an end and by Mid October English **strawberries, raspberries, blackberries & blueberries** will move to other parts of the world. **Stone fruit** (peach, nectarines, apricots & cherries) are close to finishing and we anticipate a short gap in the market before South African season starts. **Kaki/Sharon fruit** is a great alternative. All citrus will move over staggered to Spanish season this month, it will start with **Lemons** then **Grapefruit & Oranges**. Brazilian **Melons** (honeydew, galia, canteloupe & watermelon) are all good quality but higher in price due to transportation costs coming from further afield. **Grapes** will continue to be coming from Europe, most likely Italy and Greece. A positive is that **English Apple** season is thriving and we should see even more varieties throughout the month coming from our grower in Tonbridge. **English Conference Pears & Comice Pears** are great quality and coming from Kent but we also have Belgian conference as a back up too. **Turkish Figs** are good value at the moment but later in the month they switch to Brazilian which causes a hike in cost before it leveling out again. Exciting news, we should see the start of **Quinces** this month!



Vegetables & Salad

It's finally Autumn and we can look forward to all of the wonderful **Squashes & Pumpkins**. We have already begun to see all varieties of squashes but mixed squash boxes are a great option for a selection. **Halloween Pumpkins** are ready and available to order ... it's 'spooky' how quick the year is going! Root Vegetables (**carrot, turnip, swede & parsnip**) are all amazing this time of year and great for a Sunday roast dinner or side dish of roasted veggies. **Savoy & Hispi cabbages** are also great this time of year. Summer **Cauliflower** will move onto winter cauliflower this month as the crop changes between seasons. English **Broccoli** from the farm in Canterbury was lovely whilst it lasted but will move over to Spanish season at some point this month. **Beetroot** varieties (golden, candy & red) are all fantastic and add a pop of colour to the plate. You know Christmas is on the way when **Brussels** start! Brussel tops and stalks will follow later in the month. Another highlight of this time of year is **Mixed Chantenay Carrots & Piccolo Parsnips**.

There will be a shift in salad items this month as we move away from a lot of English items such as **whole heads** (iceberg, cos & gem), **baby leaf** (rocket, spinach, mixed leaf), & **celery**. **Lollo Biondi, Rosso & Oakleaf** will transition from English to French season until next summer. All **Peppers, Tomatoes, Aubergine, Courgette & Cucumber** will slowly start to transition from Dutch to Spanish. **Avocados** in the coming weeks are going very short, Peruvian season is finishing earlier than expected and there will be a gap between the transition to Israeli. **Cimmi de Rappa, Punterelle, Tardivo & Treviso** are all Italian varieties of lettuce that will gradually start this month and grace us with their presence.

Mushrooms & the forest

Autumn Truffles are a treat make sure to inquire about pricing and pre-order. **Ceps, Chanterelles, Girolles, Pied du Mouton** all available and lovely choices for wild mushrooms.

