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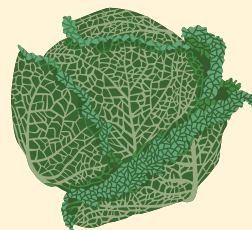
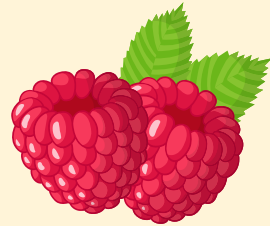
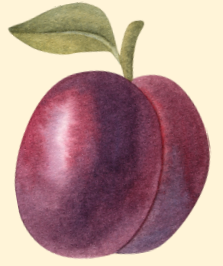
Monthly update on all things fruit & veg!

SEPTEMBER 2023

With the summer and school holidays coming to an end, autumn is getting ever closer and we are already seeing temperatures sloping off. Despite this we have **British food fortnight** to look forward to this month!

Fruit

A real highlight this month is that the **British Apple** season is now underway, starting with our lovely Red Robijn variety and beautiful **Bramley** apples from our farm in Tonbridge. English **Plums** are still bang in season and we are seeing lovely varieties of both Opal and Victoria. Our berries (**strawberries, raspberries and blackberries**) from Hugh Lowe farm will be available until next month so be sure to grab them whilst you still can. **Cobnuts** and **Damsons** are a short but sweet highlight this month, the season is very quick so make the most of them before it's too late. We have seen the first sightings of **Turkish Figs** they will become more plentiful as the month goes on. The new Belgian crop of **Conference Pears** have started, we are eagerly anticipating their arrival into the market. **English Cherries** have completely come to a close and are now being imported from America so will see an impact on the cost of the product. **Stone fruit** season is drawing to an end, (peaches, nectarines & apricots) but there may be possible sightings of South African varieties, however we cannot guarantee quality. **Oranges**, in particular smaller varieties are proving difficult at the moment. There are mounting concerns as the EU recently intercepted citrus carrying the quarantine pest (false codling moth) and there has been increased black spot detections on the fruit. Brazilian **Melon** season will begin the first week of this month hopefully stabilizing availability after an inconsistent rocky few weeks.



Vegetables & Salad

Lots to rave about this month on the vegetable front! New crop **Potato** season is on the horizon, finally putting to bed the turbulent few months of issues we have had with availability and quality. **Onions** follow suit with both Spanish and English flowing nicely. **English Carrots & Parsnips** are a lovely addition to your menu's and Sunday roast dinners! The availability has improved a lot on last month as has the cost. **English kale, variegated kale (aka Russian kale), black cabbage (calvo nero) & Rainbow Chard** are all lovely this month and something a little different to add a pop off colour. We have a wide variety of squashes now in season (onion squash, spaghetti squash, harlequin squash and gem squash). **Squashes** are a very versatile vegetable and really add an autumnal touch. **Marrow** begun last month and we anticipate seeing them for another month or so. They're a fantastic size and excellent source of protein. **Broccoli, Cauliflower, Hispi & Savoy Cabbage** are all still coming in nicely from our grower in Canterbury. You can't get much fresher than picked, packed and delivered in under 24 hours. Just as we wave goodbye to Summer, we've seen the very first sighting's of **Brussel Sprouts** ... that's when you know winter and Christmas will be here before we know it!! **English Broad Beans & Fresh Peas** have near enough drawn to an end but there is limited availability of **Runner Bean**, we will be lucky if it's still here by the end of the month. **Corn on the cob Husks** will also start to slow down towards the tail end of September.

Peppers, Aubergines, Tomatoes & Cucumbers still remain in good supply from Holland. We should start to see the transition over to Spanish/Moroccan by the middle of October as we move into the colder months. **English Lettuces** (iceberg, gem & cos) will have good availability for the next month.

Mushrooms & the forest

Scottish Girolles and Chanterelle mushrooms have good availability and are highly recommended. Currently they are great value for money!

