



## FRUIT

Let's start November off with a bang and talk about how **English Apples** are thriving. We have seen some lovely varieties from **Gala to Braeburn and Russet**. Our grower in Tonbridge, Kent is only 27 miles from our warehouse so great for helping keep food miles low. English **Conference Pears** are coming in nice at the moment, the quality is superb and again these are predominantly coming from Kent with back up support of Belgian variety. A great seasonal pick this time of year is **Kaki Fruit** also known as Persimmon fruit, they work well in both sweet and savoury dishes. These are a great alternative for stone fruit such as Peaches and Nectarines which are now coming from South Africa and costing a pretty penny. **Plums** are also a great alternative in the Stone Fruit department.

It's a good time of year for **Pomegranates**, great to add some juicy flavour to winter salads or sweet treat dessert dishes. **Quince** is a lovely choice at the moment and good availability too. A real highlight as we head into November and start to feel festive are **Fresh Cranberries**. Christmas menu's will begin shortly if they haven't already and along with Cranberries, **Chestnuts and Walnuts** are a must.

We would love to have English Berries all year round but unfortunately it's not possible. Now the season has officially ended, we move across to European and Southern Hemisphere varieties. Naturally this inflates the price and sees a dip in availability with **Strawberries, Raspberries, Blackberries and Blueberries**. Strawberries in particular will now be Dutch 500g punnets but availability is incredibly slim as prices are heavy compared to last month around double the price.

We have seen a vast improvement with **Lemons** as we've bridged the gap between South African to Spanish. **Pink Grapefruit** will be moving over to Israeli variety which usually sees a spike in price but with the support of Turkish variety we hope this won't make too much of an impact. Small amounts of Spanish **Oranges** have been spotted as we prepare to move fully over from South African. **Blood Oranges** made a brief appearance on the market but won't flow fully until December. Due to shipping delays from Brazil, **Melons** (all varieties, but especially Ogen) are very tight on availability at the moment.

**Nadarcotts** will be drawing to an end this month which will in turn mean the start of Satsumas. Be prepared for a visibly lighter skin and sharper taste than the beautiful sweet and juicy taste of Nadarcotts which we won't see again until Moroccan starts around mid to late December. **Leafy Clementines & Non Leafy Clementine** will make an appearance towards the end of November which will widen options.

European variety of both **Green and Red Grapes** will be finishing this month and transitioning over to Southern Hemisphere causing an expected hike in price. **Turkish Figs** were great but have now sadly finished and whilst we await the arrival of Brazilian we have seen a gap in availability and inflated cost.

## VEGETABLES

Now that Halloween has been and gone, **Pumpkins** will start to disappear from the market although we will still be able to get our hands on some squashes such as **Crown Prince, Iron Bark, Mixed Squash and Delica**.

As we very quickly approach Christmas, this time of year is always fantastic on the vegetable front. British grown produce is always the best and **Carrots, Parsnips, Swede and Turnips** are all root vegetables that are coming from farms in the UK. **Chantenay and Mixed Chantenay Carrots** alongside **Piccolo Parsnips** are always a firm favourite, with lots of colour and minimal prep they are a chef's dream.

We are pleased to report the quality and availability of **Potatoes** is steady and there should be no problems making those Roast Potatoes for festive dinners! Let's talk about **Brussel Sprouts!!** We can get our hands on **Brussel Tops, Stalks, Normal Brussels** and mid month we should start to see **Prepared Brussels** which saves time during busy periods. **English Kale and Black Cabbage (cavolo nero)** are a lovely choice for winter menu's along with **Spring Green**. This should be the last month for **English Savoy and Hispi Cabbages** as we switch over to Portuguese from December. **Kalettes** are a seasonal highlight in the winter months alongside **Red and Verigated Kale** these items really add value to the plate with an abundance of colour and contrast. **January King Cabbage** teased us with an early sighting but we expect volumes to be low until December.

We have seen the last of our lovely English **Broccoli** and will be fully moving over to Spanish supply from November when is unfortunate timing with the current events of Storm Dana flooding many crops in Valencia. Brace yourselves for expected shortages with availability and strong pricing. As always we will work with our suppliers and manage this situation best we can and keep our customers updated on improvements.

We have also moved on to winter varieties of **English Cauliflower** and pray for consistent weather to maintain stability on quality and price. There has been some stunning **English Purple Cauliflower** and **Romanesque** on the market which we are hoping will stick around for the next couple of months at least. **Crones** (also known as Japanese Artichokes) have been spotted on the market, these are very diverse and can be eaten raw, pickled, dried or cooked. We may even see some **Calcot Onions** at some point this month if we are lucky.

## SALADS

This time of year is always tricky as we make a big transition from Dutch to Spanish season and it doesn't help that Storm Dana is currently causing havoc in regions of Spain with flash floods and extreme rainfall. We have already heard from suppliers that whole head **Lettuces (Iceberg, Gem, Cos) and Baby Mixed Leaf, Spinach & Rocket** will be the most affected on quality and availability. **Aubergines, Peppers, Cucumbers** and all varieties of **Tomatoes** will move over to Spanish/Moroccan. Hopefully weather stays consistent to allow quality and price to remain steady. English lettuces have sadly ended meaning that **Rosso, Biondi and Oakleaf** are now French. English **Spring Onions** have moved over to Mexican and Egyptian varieties where quality can be hit and miss. It's a shame we have to say goodbye until Spring on all English salad items.

We have had some shipping delays from Chile on **Avocados** so are using Israelian to ease the situation. We have spotted a glimpse of some lovely Italian lettuces such as **Treviso, Tardivo and Pink Raddichio**. The eagerly anticipated arrival of **Monks Beard** should hopefully be on the horizon very soon, deliveries from Italy arrive twice a week so availability can be sparse at times and pre-order recommended.

## MUSHROOM & FORAGED

Compost issues with a number of growers across the UK and Europe has seemed to improve which is positive. **Scottish Girolles** will likely slope off and finish by the end of November. Please contact the office for further information regarding Wild Mushrooms and foraged items.