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## Market

### REPORT

October 2024

## FRUIT

Let's kick things off with **English Apple Season** which started last month and will run through until early spring time next year. We have a number of growers in the Kent region providing top quality English Red and Bramley apples. So far we have seen early varieties come and go, predominately we are now on **Royal Gala** and should see **Braeburn** in the coming weeks.

**Belgian Pears** are great quality at the moment but we are still eagerly anticipating the start of **English Conference Pears** which shouldn't be too long. **Turkish Figs** are still going strong but will switch to Brazilian later in the month. We anticipate this will cause a short inflation in cost whilst we transition over. A lovely addition this time of year is **Quince**, we hope to see more availability as we month further into October.

**Pineapple** problems are an issue of the past and availability is much better along with improved quality. **Limes** are also stable and back to normal this month with no signs of shipping delays causing problems on either of these key lines. After making a smooth switch from Spanish to Brazilian season, **Melon's** have been going strong and all varieties (**honeydew, galia, ogen & water melon**) are excellent. We have moved over from New Zealand to Italian **Kiwi's** and this has had a positive impact on the quality and value for money.

This time of year is always great for those with a sweet tooth as **Toffee & Chocolate Apples** will begin soon and be available for Halloween. We should still have small amounts of **English Plums**, foreign Plums are good availability and are the only stone fruit still around as **Peaches & Nectarines** are hanging on by a thread. **Apricots** are coming in dribs and drabs but quality dependant. We expect a short gap in the market before South African season starts. In the meantime we have **Kaki/Sharon Fruit** which is still early but a great alternative.

It's been a 'berry' good season whilst it lasted with Hugh Lowe Farm in Kent, but sadly all good things must come to an end. We have been told that by mid-October the English Berry Season (**strawberries, blackberries & raspberries**) will be finished but as with all soft fruit, weather is key and it's pretty unforgiving so the season could slope off earlier. We will be moving over to European varieties and possibly even some Southern Hemisphere. This will see a slight impact on cost and quality due to extra food miles travelled. **Cranberries** are very popular and seasonal this time of year so we are keeping our eyes peeled for them too!

Most Citrus will switch over from Southern to Northern Hemisphere. This will be staggered starting with **Lemons**, followed by **Grapefruit** then **Oranges**. South African/New Zealand **Pink Lady Apples** are coming to an end but we are eagerly awaiting the start of French season at the beginning of November. This will mean a short gap where quality could potentially be impacted.

# VEGETABLES



A real highlight this month is **English Squashes** and **Pumpkins**. With Halloween around the corner and Autumn already upon us, these are perfect to incorporate into seasonal menu changes. We recommend boxes of **Mixed Squash** as this gives you a lovely variety of multiple different squashes. **Munchkin Pumpkins** are also a cute addition as well as **Mixed Gourds** which are great for decorative purposes.

Believe it or not, Christmas is just around the corner and with festive menu's going live next month we have just seen the start of **Brussel Sprouts and Tops**. Towards the end of the month, **Prepared Brussels and Brussel Stalks** will also begin. **Piccolo Parsnips** and **Mixed Chantenay Carrots** are an absolute delight this time of year with minimal prep, lots of colour and flavour, what more could you ask for!

English Root Vegetables are thriving at the moment. **Carrots, Parsnips, Swede and Turnips** are all grown in various regions of England. **English Savoy and Hispi Cabbages** are also great at this time of year. We have seen the last of the English Summer **Cauliflower** and we will now move over onto Winter Crops with back up of French variety. If weather conditions are poor (which isn't unusual) we may see a dip in availability. If you are looking for something a little different, **Romanesque Cauliflower** has a nutty flavour and is intriguing on the eye. **English Broccoli** will also finish shortly before we move over to Spanish towards the tail end of the month. **English Courgette** season has now sadly ended, these will also be moving over the Spanish. **Beetroot Golden, Candy and Purple** are a lovely option to add a variety of colour to the plate and even better that they are English! **Kale, Red Kale, Black Cabbage (calvolo nero) and Varigated Kale** are lovely additions this time of year and perfect on Sunday Roast dinners.

Due to freight space becoming an issue coming out of Peru other products are being prioritised over **Asparagus**. Potentially we could see a decline in availability as a result of this. **Baby Corn** availability is tightening up due to Typhoon and tropical storms in Thailand. We are trying to use Indian variety to help us out of this situation.

It feels fantastic to finally say that everything is stable with regards to **Potatoes** and fingers crossed there will be no more issues for the foreseeable. Despite the name, we have seen early sightings of **January King Cabbage** on the market in September. Availability will improve as the season progresses which is something to look forward too.

## SALADS

This month there is going to be a big shift in Salad items as we move away from English Produce such as whole heads (**iceberg, cos & gem**). **Baby Leaf (spinach, mixed leaf & rocket)** and **Celery** will all move over to European. **Biondi, Rosso and Oakleaf** will soon transition over to French until next Summer. All **Peppers, Tomatoes, Aubergines and Cucumber** will gradually switch over from Dutch to Spanish. In the meantime we have had some heavy rainfall in the UK which has affected Baby Leaf & Whole Head Lettuce quality.

Some positive news on the Italian salad front, we have seen the first of the **Cimmi de Rappa, Punterelle & Treviso**. We should also see **Tardivo** and **Monks Beard** towards the end of the month now that the weather has cooled down across Europe.

## MUSHROOM & FORAGED

There has been compost issues with a number of growers across the UK and Europe due to compost failing to meet correct temperatures and therefore resulting in lower yields. Mostly **Flat** and **Button Mushroom** have been impacted by this problem but we are working hard to minimise any availability issues. **Scottish Girolles & Chanterelles** are fantastic quality at the moment, we highly recommend ordering!