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Market

REPORT

Happy  
New Year  
January 2025

## FRUIT

The New Year is always a great time to look forward to seasonal delights such as **Seville and Blood Oranges**. Often the season is very quick and in the blink of an eye **Seville Oranges** are here and will be finished within normally a few weeks. Perfect for making marmalade so take advantage of them. **Blood Oranges** will start off very pale in colour and become a much deeper red as the season progresses. Egyptian **Oranges** have now started, high volumes will drive better availability and value for money. **Yorkshire Forced Rhubarb** will be starting this month which is exciting, however, be wary prices always start off steep due to limited availability until the season gets going.

Brazilian **Melons (honeydew, galia, ogen & water)** will start to wind down, towards the end of the month we will transition over to Honduras **Melons** which is a small part of Central America. **Clementines/Satsuma** volumes will be slim as we move over to **Nadorcotts** which have a lovely juicy bright orange flesh and sweeter taste.



On the berry front, Spanish **Strawberries** and **Raspberries** will be making an appearance. **Blackberries** and **Blueberries** will be coming from further afield from Southern Hemisphere. We know this time of year can be tricky with Berries being imported meaning the quality can be hit and miss and easily impacted. Fresh **Cranberries** were a delight through December, they will roll over to January but it's uncertain how long they will stick around for now that Christmas is over. Brazilian **Figs** are still going strong and taste lovely.

**Limes** seem to be in a better stance as we start the New Year and availability has improved a lot. There is still a great challenge with **Grapes** at the moment as volumes from Southern Hemisphere are still very low and we are waiting for there to be more availability on the whole. A few firm favourites for January are **Kaki Fruit, Pomegranates** and **Quince**. They are all still going strong and a great seasonal choice for menu's in January.

**English Apple Season** continues to thrive until around April time. We have some wonderful varieties coming from the farm in Tonbridge, Kent such as **Royal Gala, Cameo and English Bramley Apples**. French **Pink Lady Apples** are tasting delicious and packed full of flavour so these we also recommend.

European **Plums** have completely finished now and it's only South African available which are costing a pretty penny. This leaves availability very thin on the ground with quality and taste not quite there yet until the season kicks in fully.

# VEGETABLES

Despite the clue being in the name, we had availability of January King Cabbage start back at end of November and this month is it's peak time to shine. Red Kale, Kale, Calvolò Nero (black cabbage) are all fantastic choices this month and make lovely vegetable accompaniments to winter warmer or side dishes. Spring Green and Savoy Cabbage are also lovely and in season. Hispi Cabbage has switched over from UK to Portuguese. Rainbow Chard and Kalettes are both brilliant choices and something a little different to add a pop of colour to the plate.

As the weather remains relatively mild for the winter at the moment, Root Vegetables are thriving and a wide selection to choose from. Carrots, Parsnips, Swede, Turnips and Celeriac are all great. Rainbow Carrots are lovely to get a mix of purple, yellow & white.



We have seen a small dip in availability on Spanish Broccoli causing a minor impact on cost but at the moment the situation seems to be under control and nothing to worry about too much. We are working with our suppliers closely to keep us updated on any changes. Winter crop of English Cauliflower is still coming through and availability is steady for now. We have back up European varieties of Cauliflower but the price is on the rise and we foresee English could potentially follow suit.

We still haven't seen the sharp increase on Potatoes that we were expecting but after many discussions with suppliers it seems that it is mainly baking potatoes that have been impacted. In terms of quality there doesn't appear to be any issues as of yet with other varieties which is good news.

Now that festive menu's have finished and the New Year has begun, we have already noticed Prepared Brussels, Brussel Tops and Stalks have dropped off dramatically. Brussel Sprouts will maintain good availability for a little while longer but volumes will be understandably lower than December.

# SALADS

Some positive news on the Salad front which is rare for the Winter months. Lolo Roso, Lolo Biondi, Oakleaf, Frissee and Large Leaf Spinach are all coming in fantastic quality from France and there doesn't seem to be any issues on the horizon. Spanish Salad items such as Whole Head Lettuces (Cos, Iceberg and Gem) have also made a miraculous recovery compared to the beginning of December when the floods of Storm Dana drenched many crops. Baby Mix Leaf, Spinach and Rocket have also improved greatly alongside the Whole Heads. Aubergines, Peppers, Cucumbers and all Tomato varieties appear to be steady but during the winter the slightest change in weather conditions can have a huge impact as salad items can be very volatile.

Monks Beard has started much later than previous years but we are pleased to report the first sightings. Expect to see low volumes to begin with due to limited deliveries from Italy and early season.

Pink Raddichio, Cimmi de Rappa, Treviso and Tardivo are all lovely choices. Availability heavily relies upon no disruptions with Italian deliveries into the UK so we are keeping our fingers crossed with that.

# MUSHROOM & FORAGED

Please contact the office for further information regarding wild mushroom availability and we will inform you of what our forager recommends is in season, what to avoid and what requires a pre-order.