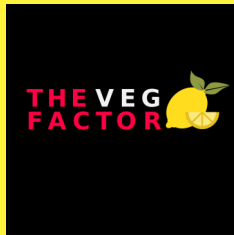


MARKET REPORT MARCH
2018

THE VEG FACTOR



It's still rather cold and snowy- a reminder that spring is still a while off.

Due to the recent weather cauliflowers have shot up in price, in recent days and we are expecting broccoli to follow

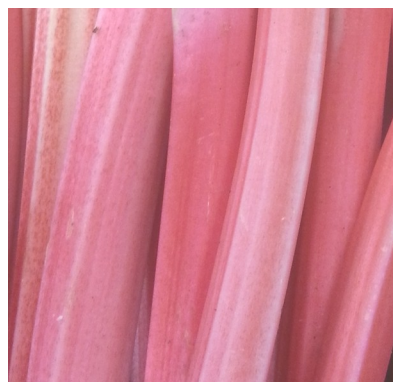
It's a fine time for British brassicas, such as the kale and purple sprouting. Our kale comes from Lincolnshire, it's some of the best I've seen. We also have the purple kale available as well



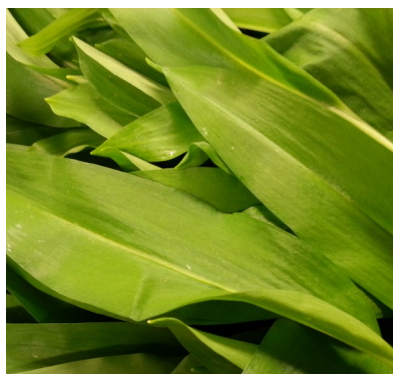
Other produce in this family include all the cabbages such as the Savoy and the January King, cauliflowers, broccoli, sprouts and tops (the last of the season), and kohlrabi. Hopefully we will be seeing a steady flow of spring cabbage soon.



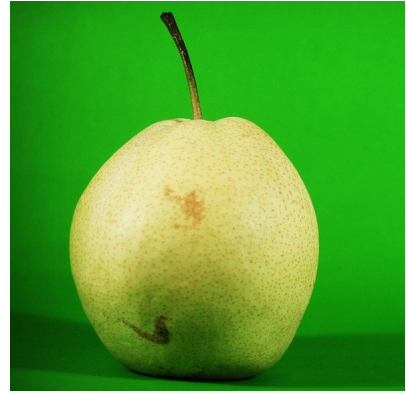
As for other British ingredients, forced rhubarb is peak season



Wild garlic has just started but is still rather scarce.



You'll still find English apples and pears that eat very well. These are coming from cold store and include Cox, Braeburn and Comice, we will then be moving onto French. We also sell the nashi pear for something a bit different.



From Southern Europe there's an abundance of citrus. Sicilian blood oranges are abundant now - load up on these while they're cheap and top quality.



Sales of kumquats are steadily rising - an unusual, snacky, sweet-and-sour citrus that you eat in one go, skin and all.



Other fruits in their prime include pomegranates, grapes (shipped from South Africa), and figs (Brazil).



If you want to get a taste of spring on your menus, the first batches of broad beans, peas are available from Italy.



There is white asparagus in the market both French and Peruvian- expect to pay well for the French.

This is a good time for artichokes. The varieties range from the chunky Globe to Petit Violet.



Other imported veg includes Romanesco, radish, radicchio, salsify, agretti, purple and yellow cauliflower, parsley root, celeriac, aubergine, and Jerusalem artichokes - which are coming in a good size.

Due to recent weather it's an awkward time for European wild mushrooms. You should find some girolle and possibly the first morels from Turkey or China. Chanterelle and trompette are typically foraged in the wilds of the USA.



We do however have a good a good range of cultivated mushrooms ranging from pied bleu, oyster, chestnut and maitake.



Please feel free to get in touch with any questions

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