

It's time to root out those autumnal treasures.

SEPTEMBER UPDATE

Each month Mark Murphy provides an update on what is happening in the market place.

We explain what new lines we expect to see in the following month, the produce causing us concern and which lines are at their very best. We also list what all our Scottish Growers have available.



OVERVIEW

As we head into September the autumnal screw will take another twist, the nights are drawing in and a decidedly fresher feel to the weather. We will see a gradual shift on to more root-based offerings, UK orchard fruit, and expect stone fruit gradually come to an end.

Like alfresco eating with a shawl draped around shoulders, we will hang on to as many late summer treats as possible in order to keep the last embers of the summer vibes flowing.

VEGETABLES



When penning any self-respecting seasonal menu, it is a case of “rooting” out the best options, and with such a profusion of autumnal veg offerings, it truly is a “kid in a lollypop shop” scenario. Carrots, Parsnips, and Swedes are the classic choices.

If you are looking for something a little more “off the ball” consider the earthy feel of Jerusalem Artichokes (late month) or the increasingly popular Parsley Root.

New-season brassicas are a delightful way to introduce an autumn vibe but at the same time keeping that late summer feel running.

Scottish Savoy, grown in Aberfeldy and East Lothian, started late August and have certainly not disappointed.

This wonderful product is an ideal accompaniment with any heart-warming dish when braised in lashings of butter with bacon lardons but can also have a lighter feel when finely sliced into salads or even stir-fried. Romanesque and Purple Cauliflower is becoming ever more popular and rightly so.

These somewhat quirky products arriving from Perthshire can transform your cauliflower offering to A-List Celebrity status and when mixed in with the traditional white variety can give a bit of heritage aura to your dish.

AT THEIR BEST

- Turkish Figs
- Parsley Root
- Scottish Savoy
- UK Coxes
- Scottish Romanesque
- UK Mixed Squash

FRUIT

UK orchard fruit in the form of apples and pears will be available with the two most common varieties being Coxes and Conference respectively.

Coxes Pippins is a real pleasure this time of year and with their subtly tart flavour, they can work well in many desserts from gentle frying with sugar and cinnamon to a wonderful apple and sultan cake (soggy bottom not included).



Conference pears are by far the most popular and widely grown fruit which works well in both sweet and savoury dishes. It may worth mentioning that Conference pears are a harder fruit. Store at room temperature but do not wait until the product is too soft as the flesh will have a woody texture.

Spanish stone fruit will come to an end pretty much at the start of the month.



SALADS

New-season Spanish products will make an appearance or at least be available mid to late month in the form of tomatoes, cucumber, and peppers.

Our buyer chaps will stick with Dutch products as the crops have been excellent quality and in good supply, but this does bring a welcome alternative if required.



Many lettuce varieties will continue to arrive from the UK with pockets of Romaine, Oakleaf, and Lollo arriving from Perthshire.

Watercress is often overlooked as a salad product and more commonly used as a garnish. With its slightly peppery flavour and vibrant appearance on the plate can add an extra element of vigour to any menu offering. It can work unashamedly on its own or mixed with the sweetness of sliced orange or even mango can turn the wow factor up to 11!!

LAST WORD

Throughout July our depot went through its yearly BRC audit and we are pleased to announce we were awarded with a AA rating, the highest possible award. This was an incredible achievement given the circumstances and true testament to the people throughout our business who have a common ethos of pulling together and always striving to do the job right!!

#LETSGROWTOGETHER

FOR LATEST INFO



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Don't forget we keep a wide range of food service/dairy products in stock and are available to order with your produce, for more details on this or any other matters please do not hesitate to call our lovely telesales team.

Alternatively please contact your sales rep, email us or simply give us a call.