



Roots, Pots and Brassicas It's all about the comfort!

OCTOBER UPDATE

Each month Total Produce 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 local Growers have available.

VEGETABLES

It's time for Halloween so **Pumkins** and **Squashes** are aplenty. October truly is the month of hearty earth warming cuisine. The type of dishes you enjoy after a long autumnal walk with your cheeks having a rasping glow shimmering off them.



Squashes, Roots, and a plethora of **Potato** varieties are certainly the order of the day when it comes to penning your reassuring comfort food menus.

Squashes, over the last few years, have risen to well-deserved prominence with many chefs. With so many varieties ranging in wonderful flavours and such vibrant colours, they tick all the boxes when it comes to adding an air of heartiness to any menu offering.

Pumpkin season is in full flow with various different types of squash available, we also have a really nice UK mixed **Squash** box.



Piccalo Parsnips and mixed **Chantenay Carrots** have started and quality is great.

UK Broccoli season will wind up during October but Spanish has already started.

We will be moving over to imported **Courgette**, Spanish with some Dutch.

Brussel Sprouts are now available.

Fresh **UK Corn on the cob** will become less available and finish in October.



Look Our For These

- Pumpkins
- Brussel Sprouts
- Squashes
- Nardorcotts
- Spanish Lemons
- Piccalo Parsnips
- Chantenay Carrots

FRUIT

South African Oranges are coming to an end with Spanish not expected to start until 3rd week of October.

Spanish Satsumas have started, quality is good and will become more plentiful through October.

Peaches and **Nectarines** have finished. There will be nothing now until the Cape season starts towards the end of the year.



Good selection of **UK Apples**, all in full flow. The apple price has remained firm for most of the year and this is set to continue although quality has been excellent.

UK varieties, **Gala**, and **Cox** are still available and arriving in good supply.

Spanish Lemons have just started.

UK Strawberries will continue through October but **UK Blackberries** have finished.

Greek and **Spanish Grapes** are at their best, quality is really good.

South American Melons have all started.

SALAD

Dutch Peppers seem to be slowing up and making more money, Spanish will take over and become more plentiful through the month.

Dutch and English **Tomatoes** are still available with more Spanish appearing on the market as we go through the month.



EXOTICS

French Salads are not the best at the moment but will improve when they move to Southern France. **UK lettuce** is still available but will suffer from colder nights as we move later in to the year.

Turkish Figs will finish but Brazilian are ready to take their place.

Avocados may be an issue with Israeli crops reporting being 40% down and Chilean being delayed.



Be sure to check out our website & sign up to your local depots mailing list