

Brassicas, citrus and a whole load more...

NOVEMBER UPDATE

With the festive period just around the corner, November can be like the forgotten man!

This is certainly not the case with a host of radiant **brassicas** on offer and a delightful array of Spanish citrus arriving as well as earthy **Beetroots** and vibrant **Heritage Carrots**.

FRUIT

We now sadly say goodbye to our super English berry season. Berries will now be mainly from Spain and South America over the winter months, although Belgian **Strawberries** will be the short term favourite.

After quite a poor season, all European stone fruit apart from **Plums** have come to an end.



We will see some North American **Cherries** later this month as well as some South African **Peach** & **Nectarine** but please check with your local depot as they will be inconsistent both on availability and price.

November is a great time for citrus lovers with **Spanish Oranges**, **Lemons** and **Satsumas** available **Clementine's** will follow on a little later in the month.

We will also have Ruby and Yellow **Grapefruit** from Spain replacing the tired-looking South African fruit & we may see some first glimpses of Italian **Blood Orange** right at the end of the month.



We are now in full flow for the English and European **Apple** & **Pear** season with some super fruit on the market. Please ask if you have a specific variety of **Apples** in mind.

Some more of the unusual seasonal fruits like **Quince**, **Kaki** (**Persimmon**) and later this month fresh **Cranberries** will hit the scene.

All varieties of **Melon**, all imported from Brazil are looking very good right now.



We will be coming to the end of the European **Grape** season and moving over to **Grapes** from South America.

Turkish Figs will be finishing at the beginning of the month replaced with air freight Brazilian. That means a significant hike in prices!

VEGETABLES

Plenty of different varieties of **Squash** available and good value for money now that Halloween has finished.

The UK **Broccoli** season will come to an end with new season Spanish taking its place (6kg cases packed with ice).



Brassicas are currently very good with super English **Savoy** leading the charge, we will see some Portuguese **Hispi** arriving later in the month.

Kale and **Cavalo Nero** are all readily available and good value for Money.

English **Rainbow Chard** is still available to add a splash of colour to your dishes.

Winter **Cauli** programmes will be starting so please speak to your local depots on availability and provenance. Super quality **Purple Sprouting** and **Tenderstem Broccoli** are available and seem to be a favourite in the menu.



Local bunched **Heritage Carrots** look great and not to forget the **Mixed Heritage** & traditional **Chantenay Carrot** available throughout the winter.

To add even more colour to your serving plates how about some beautiful **Golden** & **Candy Beetroot**?



SALADS



Big changes for the month ahead, as our English Salad leaves come to an end along with the Dutch salad season finishing. These will be replaced by Southern European salads so it's not all doom and gloom. Quality should remain good across the range.

Look Out For

- Quince
- Savoy
- Spanish Pomegranates
- Spanish Citrus
- Cavolo Nero
- Kale
- Beets
- Heritage Carrots



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