

Seasonal Guide

Good Value

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|--------------------|----------------|
| - Purple Sprouting | - Tenderstem |
| - Red Beetroot | - Swede |
| - Red Cabbage | - Celeriac |
| - Banana Shallots | - Small Lemons |
| - Sprouting Beans | - Gem Lettuce |
| | - Flat Lettuce |



In Season at Source

- English Strawberries & Asparagus**
- Isle of Wight Heritage Tomatoes**
- Jersey Royal Potatoes**
- Banana Shallots** – good value by the net
- Blood Oranges** – in stock while in season and colour is good
- Wild Garlic** – locally foraged and available on request
- Rhubarb** – Forced and Outdoor – prices easing
- Exotic Veg** – Loose Finebeans are good value
- Red Beetroot** – Good Value winter veg line
- Watercress** – Dorset baby watercress – avail in 100gm packs
- Root Veg Value lines available** – 12kg Swede, 10kg Parsnip and 10kg celeriac nets all in for roasts/function menus etc
- Citrus** – Small lemons for best value
- Devon Sprouting Beans and Alfalfa Seeds** – nutritious salad option
- Lettuce** – Imported crops now – gems twin pack and flat soft round lettuce are best value
- Mushrooms** – Forest Fungi local Devon mushrooms – fantastic range available to pre-order

Use with Caution

- Limes** – market shortages & prices reflect this
- English Apples** – Season ending
- Strawberries** – spanish ending and English/Dutch supplies starting
- Raspberries** – very short prices reflect this
- Green Cabbages** – moved to imports and price reflects this
- Chipping Potato/Bakers** – saturated ground across growing regions means supply levels will be down going into 2024 & high demand will mean prices increases
- Melons** – Please check for best market value melons when ordering
- Parsnips** – prices rising harvesting a major struggle in wet ground.

All produce is marketed and sold subject to daily grower and market availability.
This document is accurate at the point of release 22/04/2024

Local Produce

The beating heart of the WestCountry food group, built on a daily commitment to sourcing the finest fresh produce from across the southwest and beyond.

Cornwall

- Cauliflower
- Micro Herbs / Peashoots, Coriander, Red Radish
- Red Cabbage (Finishing Soon)
- Edible Flowers / Mixed & Viola
- Rhubarb (Limited Numbers)
- Rainbow Chard (Limited Numbers)
- Leeks
- Potatoes / Salad Mids, Red Monte Carlo, Washed Ware, Duchy Fries, Prepacked 10x2kg & Pink Firs
- Soul Farm Mixed Leaf Salad

Devon

- Forest Fungi Mushrooms / Shitake, Yellow & Mixed Oyster, King Oyster & Shimeji (STA 3 day pre-order)
- Sky Sprouts / Sprouting Mixed Beans & Alfalfa Shoot (3 day pre-order)
- Leek
- Cauliflower
- Swede (Limited Numbers)
- Bakers 40s, 50s & 60s
- Washed Ware Potatoes
- Kalettes (STA)
- Regular & Babyleaf Watercress (4 day pre-order)



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