

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

- Baby Turnip & Regular Swede
- Broad Beans & Runner Beans
- Micro Herbs / Coriander & Peashoots
- Cabbage / Pointed, Spring Green & Savoy Cabbage
- Kale / Curly Green
- Calabrese & Courgette
- Mixed Edible Flowers
- Salad Leaves / Landcress
- Strawberry & Gooseberry
- Bunched Radish
- Potatoes / Salad Mids, Jazzy Mids, Cornish News, Washed Ware, Duchy Fries, Prepacked 10 x 2kg & Reds

Devon

- Salad / Loose & Bunched Red Beets
- Swede
- Strawberry
- Rhubarb
- Broad Beans
- Courgette
- Pointed Cabbage

English Highlights

- Carrots / Bunched & Chanteney
 - Chard & Celery
 - Rhubarb
 - Cherry / Jumbo Oakchurch
 - Peas in the Pod
 - Strawberry / Oakchurch
 - Potatoes / 40, 60 & 80s Bakers, Gourmet Ratte & Washed Marispiper
- For a full list view our weekly newsletter or ask our team.



All produce is marketed and sold subject to daily grower and market availability.
This document is accurate at the point of release 27/06/2022



We are expecting some unique fresh produce from Canara Farm this year and we can't wait to share them with you. Pete's limited and experimental crops offer a truly exclusive treat. View our expected crop plan highlights below. For more information and to pre-order a selection for your seasonal menu or retail range, please contact your local depot today.

Microcress

Broad Bean Sprouts

Available to order
24 per punnet

Black Basil

Crop due from July

Baby Veg

Radish with tops

Available to order
24 per punnet

Bulb Fennel

Crop due from July
24 per punnet

£3.60 per punnet

Edible Flowers

Purple Sugar Snap Pea Flowers

Available to order
24 per punnet



Our Canara Farm stamp and branding represents seasonal ranges of the most inspiring and remarkable produce grown by our selected local farmers and growers from across the south west. A marque of the highest quality given to our selected seasonal ranges, ensuring you can see and choose the very best local seasonal produce at its peak.

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Seasonal Guide

In Season at Source

Local Gooseberries – short local season started – enjoy while you can
Tomatoes – lots of nice tomatoes in stock – Isle of Wight mixed colour cherry and Heritage / IOW Mixed **Ramiro Pepper** also in stock
Berries – Local Strawberries now / Oakchurch Berries in stock – great quality
Cabbages / Kale – Local Savoy, Pointed or Spring Green recommended / Local Green Kale available
Calabrese & Courgette – local summer crop season starting
Broad Bean & Peas – UK season – very nice Local Broad Bean in stock
Stone Fruit – European season – flat and standard peach, nectarines and apricots coming in/ UK Oakchurch Cherry are excellent
Rhubarb – local outdoor now avail

Good Value

Good value Roots –
Value Veg lines
- Carrots
- Celeriac
- Swede
- English Beets
are **good value veg options by the case**

Use with Caution

Cauli – winter crops finished – annual gap before summer cauli starts – imports and prices reflect this for the time being
Melons – Import volumes very limited – prices have eased a little now – Please check for best value when ordering
Berries – Redcurrant very limited and market prices very high
Large Onion – Spanish season ended – moved to Chilean imports – prices reflect this
Pineapples – Import prices have jumped up a little – portion control
Peppers – prices varying between colours for best value – ask when ordering for best
Sugarsnap and Mangetout – Import prices are up – **finebean** best value out of the three exotic beans
Chicory – use white/yellow in place of red for best value
Grapefruit – prices jumped up – use yellow for slightly better value
Apples – For best value use Royal Gala / Pink Lady avail but much more expensive – Imported Apples prices will rise
Citrus – Smaller lemons avail for value – XL for best quality

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Italian Market Produce

Pre-order weekly from our Italian specialist market produce.
Place your orders on Thursday week 1 for delivery Friday week 2.

Bergamotto



Broccolo Fiolaro



Castel Franco



Catalogna Cimata



Cherry Tomatoes



Cima de Rappa



Datterino Toms



Globe Artichokes



Monks Beard



Piccadilly Toms



Pink Radicchio



Red Mangold



Red Wax Tip Pears



Trevisano Tardivo



Treviso



Tropea Onion



Contact your local depot for our latest market quotes.
Please note produce is advertised and sold subject to market availability.