

## Seasonal Guide

### Good Value

- |                      |                    |                   |                    |
|----------------------|--------------------|-------------------|--------------------|
| - Crown Prince       | - Mixed Squash     | - Sweet Potato    | - January King Cab |
| - Large Onions       | - Loose Fine Beans | - Pointed Cabbage | - Savoy Cabbage    |
| - Spring Greens      | - Banana Shallots  | - Carrot          | - Sprouting Beans  |
| - Gem & Flat Lettuce | - Red Cabbage      | - Celeriac        | - Alfalfa Seeds    |
| - Curly Kale         | - Swede & Parsnip  | - Red Beetroot    | - Cavolo Nero Kale |

### In Season at Source

**Autumn Squash** – Crown Prince and mixed squash still available and good value seasonal veg

**January King Cabbage** – nice winter cabbage now in stock and good value

**Winter Kalettes** – coming in now

**Exotic Veg** – Loose Finebeans are good value

**Sweet Potatoes** – decent value boxes in stock

**Red Beetroot** – Good Value winter veg line

**Apples** – Devon Four Elms Cox avail as well as English Cox, Bramley cookers, Gala and Russet available

**Pointed Cabbage, Savoy Cabbage, Kales and Spring Green** – best value options for leafy greens / local and in season

**Root Veg Value Nets available** – 12kg Swede, 10kg Carrots, 10kg Parsnip and 10kg celeriac nets all in for roasts/function menus etc

**Pear** – English Comice Pear in season and avail while stocks last

**English Tomatoes** – still some nice loW Heritage tomatoes coming through – use while you can about to finish for season

**Winter Sprouts** now in stock

**Piccolo Parsnip** – back in stock when available from growers

**Banana Shallots** – good value by the net

**Citrus** – Small lemons for best value / Small batch crop Curgurrell Farm unwaxed Cornish Lemons avail while stocks last

**Local Good Earth Edible Flowers** – great quality and multiple varieties available on request – ask for full lists

**Devon Sprouting Beans and Alfalfa Seeds** – good value and 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

**Cauli** – have gone very short nationally due to water levels and rain – break in supply so prices are right up and are subject to availability

**Cues** – market prices are up – portion control recommended

**Berries** – out of season and all imported now and the market prices reflects this – strawberries particularly short in markets so prices right up – avoid if possible

**Grapes** – use red for better value

**Red Chicory** – recommend white/yellow for better value

**Juicing Oranges** – prices rising as markets adjust to the crop failure during the main Florida citrus season – will be an ongoing issue for juicers/juice category

**Chillies** – market shortages - crop volumes are low – seasonal market prices are up – green cheaper than red

**Asparagus** – imported prices remain high based on levels of demand – avoid if you can

**Chipping Potato/Bakers** – seasons pricing are easing a little but lower overall planted volumes means supply levels are down and demands will keep prices up

**Melons** – Please check for best market value melons when ordering.

All produce is marketed and sold subject to daily grower and market availability.

This document is accurate at the point of release 04/12/2023

