

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.

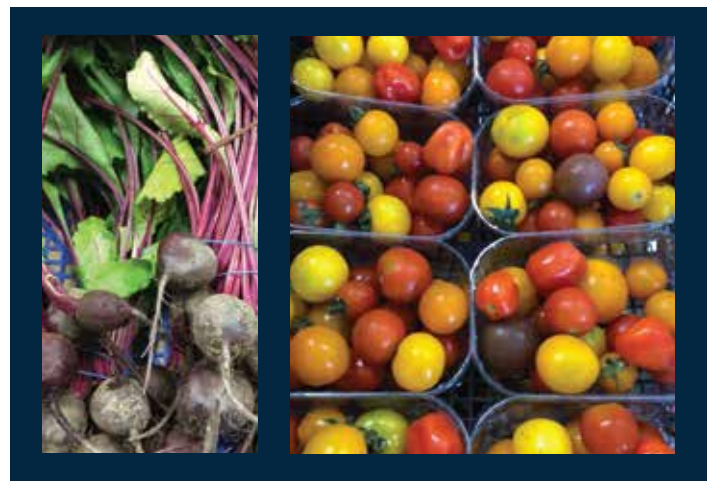
Cornwall

- Berries / Blackcurrant & Physalis
- Baby Turnip
- Broad Beans & Fine Beans
- Micro Herbs / Coriander & Peashoots
- Cabbage / Pointed, Spring Green & Savoy
- Kale / Curly Green
- Calabrese, Courgette & Tenderstem
- Mixed Edible Flowers
- Cauliflower / Regular
- Wet Garlic Bulbs
- Rainbow Chard
- Lettuce / Lizard Leaves & Lollo Biondo
- Potatoes / Salad Mids, Jazzy Mids, Washed Ware, Duchy Fries & Prepacked 10 x 2kg
- Tomatoes / Cherry Sungold

Devon

- Elephant Garlic
- Salad / Bunched Red Beets
- Swede
- Strawberry
- Rhubarb
- Courgette
- Cabbage / Pointed & Savoy
- Tenderstem
- Tomatoes / Mixed Heritage, Cherry, San Marzano & Roma Plum
- Bakers / 40s, 50s, 60s & 80s
- Potatoes / Washed Marfona

Visit our website for further options including more of our English and UK harvests.



All produce is marketed and sold subject to daily grower and market availability.
This document is accurate at the point of release 01/08/2022

Seasonal Guide

In Season at Source

Tomatoes – lots of nice tomatoes in stock – **Isle of Wight** mixed colour cherry and Heritage / IOW Mixed

Berries – Local Summer Berries now – check for daily range from growers / Oakchurch Cherries in stock – great quality

Cabbages /Kale – local Savoy, Pointed and Spring Green recommended / Local Green Kale available / UK Cavello

Calabrese & Courgette – local summer crop season

Runner Beans, French Beans & Tenderstem – local crops being harvested subject to availability

Broad Bean & Peas – UK season – very nice Local Broad Bean in stock

Rhubarb – local outdoor now avail and good value

Stone Fruit – European season – peach, nectarines and apricots coming in / UK Oakchurch Cherry are excellent and decent value

Use with Caution

Figs – fresh are very short in the markets/price and avail reflects this – avoid if possible

Cue – production effected by recent heatwave – market volumes down and prices up

Parsnip – now imported and price reflects this

Melons – Please check for best market value melons when ordering

Peppers – prices varying between colours for best value – ask when ordering for best – Red and Green best value

Good Value

Apples – Braeburn

Grapes – Red & Green

Exotic Fruit – Pineapple

Root Veg – Carrot & Swede

Exotic Veg – Celeriac & Unripe Mango

Citrus Fruit – Small Lemons & Red Grapefruit

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Good Value	In Season	Use with Caution