

Seasonal Guide

Good Value

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|-------------------|-----------------|-------------------|----------------|
| - Loose Finebeans | - Savoy Cabbage | - Banana Shallots | - Gem Lettuce |
| - Sweet Potato | - January King | - Unripe Avocado | - Flat Lettuce |
| - Beetroot | - Parsnips | - Sprouting Beans | - Small Lemons |
| - Unripe Mango | - Carrots | - Alfalfa Seeds | - Curly Kale |
| - Red Cabbage | - Swede | - Celeriac | - Cavolo Nero |

In Season at Source

Seville Oranges – Marmalade production time – get them while you can

Blood Oranges – now in and colour is good

January King – nice winter cabbage in stock & good value

Rhubarb – English Forced started

Purple Sprouting – getting all we can based on harvests

Exotic Veg – Loose Finebeans are good value

Avocado – bulk value stock available – ripen in the kitchen – great value

Un-ripened Mango – good value – shave into salads or ripen in kitchen

Sweet Potatoes – decent value boxes in stock

Red Beetroot – Good Value winter veg line

Watercress – Dorset baby watercress avail in 200gm packs

Apples – English Cox, Bramley cookers, Gala and Russet available

Red and White Cabbage, and Kales – 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

Winter Sprouts – in stock

Banana Shallots – good value by the net

Citrus – Small lemons for best value / Seasonal leafy clemis in stock when available in the markets/Cornish Lemons – limited small batch crops avail on request

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

Rhubarb – limited market availability so prices are high

Savoy & Pointed Cabbage – now imports & price reflects this

Berries – out of season and all imported now and the market prices reflects this – strawberries particularly short in markets so prices right up as demand is high

Tomatoes – shortages at the markets with lower harvest volumes across Europe – all varieties are up in price – portion control recommended

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

Chicory – Red higher in price than yellow/white – use white if you can

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

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

This document is accurate at the point of release 29/01/2024

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
- Savoy Cabbage
- Red Cabbage
- January King Cabbage
- Spring Green Cabbage
- Rainbow Chard
- Micro Coriander Leaf
- Potatoes / Salad & Petite Mids, Red, Washed Ware, Duchy Fries & Prepacked 10x2kg

Devon

- Forest Fungi Mushrooms / Shitake, Yellow, Grey & Mixed Oyster, King Oyster & Shimeji (3 day pre-order)
- Leek & Watercress
- White, Savoy & Red Cabbage (STA)
- Crown Prince Squash
- Cauliflower (STA)
- Parsnip & Carrot
- Swede & Celeriac
- Bakers 40s, 50s & 60s
- Washed Ware Potatoes
- Purple, Golden & Candy Beetroot (STA)
- Black, Red, Green Curly Kale
- Kalettes (STA)

England Highlights

- Bramley, Russet, Cox & Gala Apples
- Red, Golden & Candy Beetroot
- Forced Rhubarb
- Maris Piper Potatoes & Bakers



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