

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

### Devon

- Salad / Loose & Bunched Red Beets
- Veg / Swede & Parsnip
- Strawberry
- Rhubarb
- Broad Beans

### English Highlights

- Carrots / Bunched & Chanteney
- Chard & Celery
- Cherry / Jumbo Oakchurch
- Peas in the Pod
- Strawberry / Oakchurch

For a full list view our weekly newsletter or ask our team



**On Promotion**  
Cornish Gooseberries  
only **£1.75 for 230g**

All produce is marketed and sold subject to daily grower and market availability.  
This document is accurate at the point of release 20/06/2022



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

### Edible Flowers

#### **Purple Sugar Snap Pea Flowers**

Available to order  
24 per punnet

**£3.60** 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.

Please note all produce is marketed and sold subject to daily grower and market availability.

## 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** – Savoy - local starting again / Local 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 slow going – limited volumes of peach, nectarines and apricots coming in / 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

Please note all produce is marketed and sold subject to daily grower and market availability. This document is accurate at the point of release 20/06/2022

## 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.