

## Seasonal Guide

### Good Value

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|--|---|---|--|
| <ul style="list-style-type: none"> <li>- Loose Finebeans</li> <li>- Sweet Potato</li> <li>- Red Beetroot</li> <li>- Unripe Mango</li> <li>- Red Cabbage</li> </ul> | <ul style="list-style-type: none"> <li>- White Cabbage</li> <li>- January King</li> <li>- Parsnips</li> <li>- Carrots</li> <li>- Swede</li> </ul> | <ul style="list-style-type: none"> <li>- Banana Shallots</li> <li>- Unripe Avocado</li> <li>- Sprouting Beans</li> <li>- Alfalfa Seeds</li> <li>- Celeriac</li> </ul> | <ul style="list-style-type: none"> <li>- Gem Lettuce</li> <li>- Flat Lettuce</li> <li>- Small Lemons</li> <li>- Curly Kale</li> <li>- Cavolo Nero</li> </ul> |
|--|---|---|--|

### 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  
**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 option – 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, 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 avail while stocks last  
**Winter Sprouts** – in stock  
**Piccolo Parsnip** – back in stock when available from growers  
**Banana Shallots** – good value by the net  
**Citrus** – Small lemons for best value / Seasonal leafy clemis in stock when available in the markets  
**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 and Pointed Cabbage** – moved to imports and price reflects this  
**Berries** – out of season and all imported now and the market prices reflect this – strawberries particularly short in markets so prices right up as demand is high  
**Tomatoes** – shortages at the markets post Christmas – 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 and high demand will mean prices increase  
**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 22/01/2024

## 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

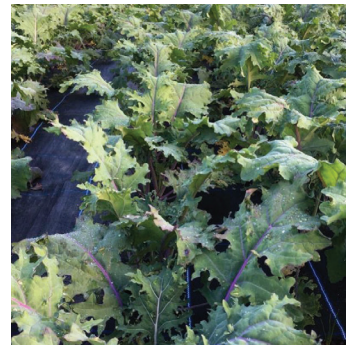
- Cauliflower (STA due to frozen ground)
- Savoy Cabbage
- Red Cabbage
- January King Cabbage
- Spring Green Cabbage
- Rainbow Chard
- Micro Coriander Leaf
- Potatoes / Salad & Petite Mids, Red, Washed Ware, Duchy Fries & Prepacked 10x2kg

### England Highlights

- Bramley, Russet, Cox & Gala Apples
- Red, Golden & Candy Beetroot
- Micro Nasturtium & Red Stem Radish
- Maris Piper Potatoes & Bakers

### Devon

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



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