

## 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

- Asparagus / Splattenridden
- Micro Herbs / Coriander & Peashoots
- Cabbage / Spring Green
- Swede
- Cauliflower / Large
- Wild Garlic
- Mixed Edible Flowers
- Strawberry
- Rhubarb
- Potatoes / Pink Fur, Jazzy & Salad Mids, Cornish News, Washed ware, Duchy Fries, Prepacked 10 x 2kg & Reds

### English Highlights

- Carrots / Bunched & Chanteney
- Rainbow Chard
- Potato / Ratte & Marispiper
- Radish / Bunched
- Purple Sprouting Broccoli
- Microcress / Nasturtium, Red Shiso & Red Stem Radish
- Sea Inspired Herbs / Aster
- Parsnips

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

### Devon

- Potatoes / Bakers 40s, 60s, 80s, Washed Marfona & Maris Piper
- Salad / Red Beetroot
- Veg / Swede, Parsnip, Leek, Celeriac
- Rainbow Chard
- Cauliflower
- Sprouting Mixed Beans



All produce is marketed and sold subject to daily grower and market availability.  
This document is accurate at the point of release 09/05/2022

## Seasonal Guide

### Good Value

**Good value Roots – Value Veg lines – Carrots, Celeriac, Swede and English Beets are good value veg options by the case**

**Leek** – decent value green

**Citrus** – Smaller lemons avail for value – XL for best quality

**Apples** – For best value use French Braeburn

### In Season at Source

**Local Asparagus** – UK season and Cornish starting to be harvested now – cold nights and lack of rain slowing spear growth

**Wild Garlic** – avail cut to order

**Broad Bean & Peas** – UK season is getting going

**Gourmet Pink Fur Potatoes** – local harvest available and in stock

### Use with Caution

**All Lettuce/Iceberg** – Import prices **remain extremely high** due to issues in Spain and very low supply levels vs high Europe-wide demand. Possible complete market shortages

**Melons** – Between seasons – import volumes very limited and **prices are right up** – Avoid / Please check for best value when ordering

**Berries** – Local Strawberries now starting / Blueberries are good value / Raspberry by eased but redcurrant market prices up & hard to find

**Tomatoes/Cues/Broccoli/Courgette** – Good news – prices are now easing across these ranges as harvest volumes increase and supply starts to balance against demand

**Cabbage** – Savoy now Spanish imports as local finished – prices reflect this / Red Cabbage now imported and prices up

**Pineapples** – Import prices have jumped up a little – portion control

**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

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## 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.