

SMITH & BROCK



EXPERTLY SELECTED, PROUDLY DELIVERED

WEEKLY PRODUCT UPDATE - 14/01/19

Hello, bit of a quiet week overall but picking up slowly as people have now all returned from holidays.

Time to plan for **Valentines** menus? Don't forget about our heart shape fondant or even heart shape ravioli!

Most of the core items are still very much commended by the Spanish crops with good quality courgetti, aubergine, peppers and lettuces. The berries have been very expensive lately but we should hopefully see an improvement in quality and price as the Spanish season is due to start very shortly!

Here are some interesting products ideas for this week:

Heritage carrots
Salsify
Swiss chard
Rainbow chard
Cardoon
Puntarella
Kohlrabi
Hispi cabbage

Cauliflower
Brussel tops
Romanesco
King/January cabbage
Savoy cabbage
Kalette



SMITH & BROCK WEEKLY REPORT #58

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MOOLI/RADISH

White mooli have really shot up in price in the last few days!

We also have other interesting types of mooli: black, red meat, green and pink

Also - bunch radishes such as breakfast (long one with the white end) or leafy round. Heritage multi colour ones proving to be difficult to find lately!



WILD MUSHROOMS

Spoilt for choice!

Morrels
Girolles
Trompette
Mouton
Chanterelle
We can also get black winter truffle!



SQUASHES AND COURGETTE

Still very much a good time of the year to use squashes and courgette:

Round green
Round yellow
Zucca squash
Crown prince
Onion squash/Pottimaron



FRUITS

Good quality blood oranges coming through with Moro from Italy or Sanguinela from Spain.

Something new just came up with chocolate oranges! They only take their name from the colour of their skin! English apples still going strong! We have selection of red gala, breaburn, cox, russet. New season Yorkshire forced rhubarb! We love it!

Some nice grapes also available from France with white chasselas and black muscat - remember they are not seedless! They are quite pricey but so tasty!

Red gala
Leafy clem
Forced rhubarb
Muscat grapes
Chocolate orange
Chasselas grapes
Russet apples
Breaburn
Cox
Blood oranges



SALADS

Good quality Spanish lettuce such as iceberg, gem, cos but it is really the time of the year to use raddicio, trevisse, and most definitely red and yellow endive.



ENDIVES ARE HARVESTED AUGUST TO MARCH
AND ARE WONDERFULLY RICH IN VITAMINS, ESPECIALLY K AND A,

