

SMITH & BROCK



EXPERTLY SELECTED, PROUDLY DELIVERED

WEEKLY PRODUCT UPDATE - 21/01/19

Hello all, we can all say that the weather is turning colder! And it is very much so on the continent, actually colder than here. Italian, French and Spanish farmers are very much under pressure and we can see it reflected in the pricing of roquette, baby spinach, lettuces... Also berries are slightly expensive as the Spanish season is a bit late for this time of the year, but volume of strawberries for example is increasing by the day. But to be fair, should we use berries at this time of the year? We now have great English pink rhubarb, some fantastic apples, pears, and perhaps is the time to use exotic fruits such as bananas, oranges, grapefruits, blood oranges, pineapple, lychee all at reasonable price compared to berries!

We have now moved into our bespoke state of the art prep room! Slowly getting more and more products done on site! Please come and visit us and we will show you how passionate we are about fruit and veg! We are only down the road! (just behind Elephant & Castle)

- Romanesco
- Cauliflower
- Purple cauliflower
- Yellow cauliflower
- Truffle potato
- Golden beetroot
- Candy beetroot
- Mixed chantenay carrots
- Sand carrots
- Hispi cabbage
- Blood oranges



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UNUSUAL FRUIT/VEG

Chocolate oranges
 Yukon gold potato
 Caviar limes
 Heliantis root
 Pink lemon
 Crowns
 Chervil root
 Capucine root
 Blood clementine
 Red frais des bois
 White frais des bois



EXPENSIVE

For the reason explained in the introduction, lettuces in general are particularly expensive, fennel too! Squashes stock such as onion squash are getting rarer and best to take off the menus! Butternut squash is still good value thought.



FORAGER STUFF

From our forager Martin in Norfolk, we have good availability off:

Sea purslane
 Scurvy grass
 Alexander's
 Douglas fir needles
 Medlars
 Three cornered garlic (wild leeks)

From Garry in Scotland we have:

THE SHROOMS

Judas Ear

THE PLANTS

Foragers Salad
 Hairy Bittercress
 Pink Purslane
 Dandelion
 Alexanders
 Ladies Smock

THE COAST

Scurvy Grass
 Sea Radish
 Laver
 Pepper Dulce

THE FRUIT

Highland Juniper
 Berries
 Sea Buckthorn

ADDITIONAL PRODUCTS

Great range of non dairy product such as Oalty milk, tofu, almond milk, soya milk... We also have fresh yeast and the best Tahini on earth!

It is just amazing how tahini has become popular and not just for making hummus! Great in all sort of different uses such as dressings and cakes etc

Call me and I will come with my best Israeli friend for a demo!

