

SMITH & BROCK



EXPERTLY SELECTED, PROUDLY DELIVERED

WEEKLY PRODUCT UPDATE - 15/04/19

Hello all, we have just started a new venture - we are happy to announce we are now in Rungis market, France on a weekly basis.

Rungis is the world's biggest fresh produce market, boasting fruit and vegetables from the most celebrated growers around the globe. This market holds 363 fruit and vegetable wholesalers! The produce on offer is vast and truly outstanding.

We will be sourcing this wide array of produce for our customers. Something you would like us to look for? Let us know. This week we stocked the most stunning Spanish violet globe artichokes (see pic) very well priced, baby violet artichokes, French baby spinach – lovely small leaf, French beetroot - candy, golden & white. Baby carrots with tops, graded French leeks, heritage carrots, white & green French asparagus, (we highly recommend). Basil from Provence that's worlds apart from the usual product we see imported from Israel. New season bunched grelot onions have started from the Paris area – both red and green are around now and they are good value.

Fruits on offer, to mention a few included Vietnamese XL passionfruits, Philibon Charantais melons, 'Clery' strawberries – similar to Gariguette but they travel a lot better, fantastic value 1kg Spanish strawberry trays - wooden boxes. Less good value but delicious tulameen raspberries which if you haven't tried, make sure you do they are a fantastic variety with an intense raspberry flavour. The French blueberries have gone down well and they are better priced than the imported Moroccan/South American.

Large oranges and easy peel fruit (fortuna variety) from 'Elle Et Lui'. They are outstanding. We will be stocking these until the end of the Spanish season, a must try – get in before they finish!

Spanish peaches 'Sun Royal', the first I've tasted this year. Very impressed. Prices will start to fall now and we will have some white peaches next week too.

We also brought pack some the potatoes 'La Noirmoutier'. These potatoes are spoken of as the caviar of the potato world. With their earthy taste, owing to the fertilization by seaweed in the soil and a climate only found on Noirmoutier island, they remain attached to the stems, which means they are handpicked one by one. Very special indeed. If you fancy a larger mid try the 'Gourmandine' potato - sized in the 40–60mm bracket they eat very very well...

Next week from Spain we have fresh almonds. 500g punnets costing around £8 a kilo. French new season garlic is also here... Moroccan fine beans were looking fantastic on Friday's arrival too.



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HOME GROWN – UK SEASONAL PRODUCE

Asparagus from the Portwood family, Norfolk, arguably the best asparagus you will get your hands on.

Bronze Fennel

Cornish Fresh Seaweeds

Forced Rhubarb

Jersey Royals

(will see us through until June).

Jerusalem artichokes

St Georges Mushrooms

(please let us know if you're interested)

Wild Garlic; Wild onions

Wasabi leaves

Starting soon

English salad leaves; Peas (currently Spanish); we may see some English Rainbow chard again soon from Molyneux farm, depends on the frost staying away. Let's hope it does.

Spring/Summer menus being created and need some advice?

Please let us know and we can discuss options around seasons, prices, availability and any prep requirements. Always good to double check before you print your menus and we are always happy to help.



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ALSO AVAILABLE AND GREAT NOW...

Bunched Radish; Courgette flowers; Cippolini Onions; Grelot Onions; Nettles; Purple Sprouting Broccoli; Monks Beard; White Courgettes (pre order); Stripy aubergines; Tokyo Turnips; Turkish Morels; new season Garlic



OUT OF SEASON/ EXPENSIVE...

Tomatoes Beef and Tomatoes Plum, due to transition period from Dutch product while we await Spanish and English to start. We work directly with growers to keep prices as level as possible during this period.

Onion prices will rise. As we move other from Spanish season to further afield. This is regular for this time of year.

Chillies are high, as is Broccoli.

Blood oranges will end soon. Purple and Yellow Cauliflower very difficult to get hold of, maybe Romanesco instead?

SOMETHING A BIT SPECIAL...

Apple Marigold

Clarence Court Cornish Blue Duck Eggs

Cauliflower Fungus (this is simply amazing and is proving very popular)

Gorse Flowers

Golden Sorrel

Elderflower Syrup

Seaweed Salt

Truffle Sauce

Wasabi Flowers

