SMITH & BROCK

EXPERTLY SELECTED, PROUDLY DELIVERED

WEEKLY PRODUCT UPDATE - 09/09/19

Hello All, it seems we have now all returned from holidays and the sales have nicely picked up! Plenty of nice produce to talk about… and it seems that with the exception of cauliflower being difficult to get, pretty much everything is affordable!

The squash season has now started with plenty to choose from (see page 4).

The different types of kales and cabbages, from our friend Chris Molyneux in Lancashire, have also all started and we will do a special chat on this next week! But all starting to be available (variegated kale, mustard kale, green kale, black cabbage, etc…)

VEG OF THE WEEK

Marrow
Swiss chard
Kohl rabi
Rainbow chard
Chervil root
Globe artichokes
Corn on the cob
Berlotti beans
Peas
Broad beans
Brussel sprouts

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VEG OF THE WEEK CONTINUED

Yellow beans
Cow heart tomatoes
Tenderstem broccoli
Romanesco
Purple cauliflower
Rainbow radish
Red meat radish

We also have plenty of parsley root... much more affordable than chervil root and great to use.

FRUITS OF THE WEEK

Some excellent stone fruit still about with great flat peaches. Please don't forget to put Turkish figs on the menu! They are available for the next 2 months.

Plenty of English berries about with our favourite growers in Kent, Roughway/Cannon and Hugh Lowe... check out the mini Jubilee strawberries from Hugh Lowe! So Cute and tasty!

New season pears and apples are now in! More and more variety of apples will come through as days go by.

It is also an excellent time of the year for grapes... we have the best white grapes from Italy and black ones from Portugal are also so tasty!

UK gooseberries
UK blackberries
UK raspberries
UK strawberries

FRUITS OF THE WEEK CONTINUED

Grapes
Orange melon
Pears
Plums
Jubilee tiny selected
Flat peaches
Yellow peaches
Yellow nectarines
Turkish figs

WYE VALLEY BLUEBERRIES AND FINE BEANS

We are very proud to now get direct supply from Wye valley – and that's 3 times a week, for the next 3 to 4 weeks! We will get fabulous blueberries and fine beans from this lovely part of England. Enjoy!

Blueberries and fine beans

PUMPKIN AND SQUASHES

Casperita

Harlequin

Crown prince

Pattipan

French pumpkin

Gem squash

Onion squash

Harlequin

Spaghetti squash

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EXPENSIVE OR COMING TO AN END

Broccoli price is much better than a few weeks back. Cauliflowers are very hard to get and we will start getting German origin as of next week as big shortage here.

Apricots are on their last leg... still some about but quality isn't great.

Cherries are now finished from Europe. We have supply from USA which are nice large cherries but very expensive!!

Lastly, juicing oranges are expensive.

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