

SMITH & BROCK



EXPERTLY SELECTED, PROUDLY DELIVERED

WEEKLY PRODUCT UPDATE - 15/07/19

So much to choose from in the fruit section but some great vegetables too! Runner beans, peas and broad beans are excellent! Also worth mentioning is our avocados! We are making a lot of happy customers every day! You know how important a good avocado is and we know that too!

All melons are now at their best in quality and price (watermelon, cantaloupe, Charentais, honey, galia). Raspberries from canon in Kent and strawberries from Hugh Lowe Farm are superb!

Some really nice figs too from Italy and great red plums from Spain! The plum season has officially started! I can't wait to see the other varieties to start such as Victoria, greengage (reine Claude, and the exceptional Mirabelle!)

This week is yet again extremely difficult in terms of finding good supply of cauliflowers, broccoli, sweet potato, onions... all very expensive as a result...

- Italian Plums
- Blood peach
- Berlotti beans
- Peas
- Runner beans
- Broad beans
- Avocados
- Fennel
- Romanesco
- Baby artichokes
- Globe artichokes



Scallion onions
 Charentais melon
 Water melon
 Raspberries
 Strawberries
 Apricots
 Figs



TOMATOES

Here is a nice selection!

San Marzano
 Cherry on the vine trio
 Yellow on the vine
 Green on the vine
 Red on the vine
 Heirloom mix
 Tomatillo for a bit of the exotic!
 Perfect for Mexican tomato salsa!



MUSHROOM

Puffball? If you are curious, you will try it! Some would find a good option to use instead of tofu... I like it chargrilled! Taste is quite similar to a button mushroom but as I said, best to try yourself!

Girolle are very good in quality and price... Have you ever tried a girolle quiche? Add to the quiche mix caramelised shallot, bacon and girolle... really nice!



POTTED PLANTS

We have access to the flower market and are able to get potted herbs, succulents... etc!

