

SMITH & BROCK



EXPERTLY SELECTED, PROUDLY DELIVERED

WEEKLY PRODUCT UPDATE - 02/09/19

IN SEASON

In season now and will be available until mid October. Sweetcorn is a fantastic British product to use now, first cultivated in Mexico 10,000 years ago.

Brought in by European settlers around 1779, mainly grown as food for livestock, it gained popularity for consumers after the 2nd world war and is now grown extensively across the east and south of England

Coloured kales are starting to come in from the amazing Molyneux kale company. Please pre-order the more obscure varieties such as purple and white variegated with your account manager as they won't always be held in stock. We do however hold the green and red.

We have pears and apples from Brogdale orchards and UK baby veg from red star growers in Evesham - their baby carrots will be available until October and then we will source from further afield. Rainbow chard is a great choice now. Peas and broad beans are still here, but will be finishing up soon. I appreciate summer is still here however I'm sure you will be beginning to plan the Christmas menus.

UK veg that runs through the winter include purple sprouting broccoli, kales, parsnips, leeks and cabbage, and of course Brussel sprouts!

As we enter September we are already seeing the first signs of Autumn fresh chestnuts have started!



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Also in season now:

Apples
Beetroot
Blueberries
Courgettes
Damsons (3 more weeks)
Gooseberries
Pak Choi
Pears
Peas (nearly finished)
Plums
Radish
Raspberries (until October)
Runner beans
Strawberries
Kale

Please note

European stone fruits will end soon, UK cherries are finished, broad beans and peas will finish soon. Feel free to ask your rep for advice when creating new menus. We can advise on the season, price and quality.



FRUTTA E VERDURA DAL ITALIA

We have some amazing produce coming from Italy this week – figs from Abruzzo (pre-order) as we stock both Turkish, French and Italian, however as the Italian and French arrive to us very ripe we only order exactly what's needed for our customers.

Please speak to your account manager for more information. This weeks highlights from Italy will include:

Aubergines stripy
Aubergines round mauve
Aubergines pale
Borlotti beans
Red basil
Seedless yellow watermelon
Tomatoes baby plum
Muscat Grapes (3 weeks) – *I highly recommend!*
They are delicious and have an intense grape flavour, great both as table grape and for cooking
Melon Cantaloupes

FRUITS ET LEGUMES DE FRANCE

Artichokes (until November)
 Artichokes violet
 Baby spinach (pousse)
 Baby veg (carrots, beetroots, cauliflower, savoy
 cabbage, romanesco, endives)
 Beetroot, candy and golden
 Brittany pink onions (pre-order)
 Celeriac
 Coloured cauliflowers
 Endive
 Onions Roscoff
 Romanesco
 Superb quality baby mixed leaf salad (mesclun)



EXOTICS

**Israeli lychees are a great choice now. Other
 exotics we hold in stock: dragon dragon fruits,
 mangosteens and passion fruits.**

We can also source on pre-order:



Breadfruit



Buddha Hands



Tamarillo



Mashua



Olluca



Kiwano



And many more, just speak to your account manager and let them know what you are looking for,
 please note the speciality exotics are to be purchased by box.