

# SMITH & BROCK



EXPERTLY SELECTED, PROUDLY DELIVERED

## WEEKLY PRODUCT UPDATE - 20/01/20

### CHICORY WEEK!

What a perfect winter salad and veg too... can be used in raw in salads, but also wilted or cooked through... ever tried Belgium endive meunière? Look it up!



Tardivo



Puntarella



Red chicory



White chicory



Pissenlit



Pink raddicio



Trevisse



Castel franco

SMITH & BROCK WEEKLY REPORT #110

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## VEG OF THE WEEK! NOT TO BE MISSED

### **The season had just started for Spanish peas and broad beans!**

We also recommend Brussels tops, sand carrots, fennel, round courgette, cauliflowers, romanesco, padron peppers, kohlrabi, monks beard and muscade French pumpkin.

French cauliflower are very short at present also because of flooding and storms in Brittany but we are lucky with great produce from our farmers in Lancashire and Lincolnshire.



## FRUITS OF THE WEEK

**A great selection not to be missed of exotic fruits such as lychee, pomegranate, American cherries, baby pineapple, sharon fruits, airfreight mangoes.**

Also not to be missed at this time of the year when we all have detox on our mind after the festive season is all the range of citrus such as white and pink grapefruits, pomelo, superb blood oranges, leafy clementines... we also have fantastic pears with conferences, comices, and red Williams... all very juicy fruits!



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## YORKSHIRE FORCED RHUBARB

YORKSHIRE  
TRIANGLE

The season has just started! Did you know these are growing in caves? So they never see the light and they have this great pink colour! They are harvesting with just the use of candles!



## TRUFFLES

Still a very good availability of winter Périgord black truffle...  
3 days notice if you need any please



## EXPENSIVE / SHORT

Top of the list is yellow courgette!!! We will simply not get unless if you specifically pre-order! They cost a fortune and not worth getting at present.

Also expensive are cucumbers, peppers, aubergine. Courgette... that time of the year when it gets a bit colder!

Curly endive is also very short.

Price of pineapple is really going up and up! Very short lately! There is an issue with boats crossing the Atlantic caused again by the storm and delays have created shortages. At the same time supermarkets have planned weeks of special offers! They might have to call that off very soon!

