

# SMITH & BROCK



EXPERTLY SELECTED, PROUDLY DELIVERED

## WEEKLY MARKET REPORT – 01/06/20

### GENERAL PRODUCT UPDATE

#### “Agricultural Robots and AI: A Question of When and Not If”

As we have seen in an automobile industry – all pretty much robotised. Can we imagine all those robots caring for our food!! We can certainly imagine and already see its implementation... Look at vertical growing, where maybe for now the picking is not yet robotised but everything else is controlled in a glass house environment where the temperature, light and feeding is operated by computers... We can certainly see the benefit of reducing wastage, by for example controlling the growth of the produce, but what happens to seasonality! Do we want to live in a world where everything is available all year round? Where there is no excitement of when the asparagus season is around! Or when the Jersey Royals are available? Then what makes those produce special if they are available all year round?

Likely at Smith & Brock, we don't see this as a near future for us. We care about the growers who have a story, a passion and simply care to provide the best man can do and is really reflected into the end product that we have 'Expertly Sourced' and 'Proudly Delivered.' We believe in growing produce from the heart – all the way to the plate, from a human who has used their knowledge, passion and self-respect to deliver something truly unique. This delivers a completely different result which makes a robot out of competition!

<https://www.fpcfreshtalkdaily.co.uk/single-post/2020/05/29/Agricultural-Robots-and-AI-A-Question-of-When-and-Not-If>

#### We have added a new line to our already amazing selection of produce!

Believe us, these will be truly appreciated once tried! Believe us, another 'Expertly Sourced' product which will not fail to impress! It is not just a good potato for chipping but also great all-rounder for roasting, mashing...



## HOME DELIVERY... KNOCK-KNOCK!

### SMITH & WOLLENSKY STEAK BOX



THIS IS A REALLY GENUINE BOX WE'RE SERVING HERE! IN PARTNERSHIP WITH SMITH & WOLLENSKY, WE'RE INCLUDING A HIGH QUALITY PIECE OF MEAT THAT YOU CAN'T FIND AT THE SUPERMARKET. THE STEAKS ARE CUT TO ORDER THE DAY BEFORE DELIVERY ON THE STRAND IN LONDON.

CHOICE OF 1 PREMIUM MEAT:

IRISH GRASS FED TOMAHAWK  
(28 DAYS DRY AGED – 900G-1200G)

OR

USDA PRIME SIRLOIN STEAKS ( 2 PER PACK – 250G EACH)

**Our product range is not just about selecting the best fruit and vegetables! We now offer a wide range of other high quality produce, many of them are even handcrafted from small businesses only a very short drive away from our Camberwell base!**

Sourdough bread from Herne Hill, free range meat from our local butcher Flock and Herd and (this week we have chicken) freshly squeezed juices made inhouse! We are proud of what we do! As our catch phrase says:

**'EXPERTLY SOURCED, PROUDLY DELIVERED'**

<https://www.knock-knock-groceries.com/>

SMITH & BROCK WEEKLY REPORT #127

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## DISH OF THE WEEK / RECIPE IDEA / CHALLENGE!

**Vegetables cooked in salt crust... mix rock salt and egg white and immerse your veg in this mixture.**

Don't forget to add herbs and spices to your taste! Bake in the oven... cooking will depend on the size of you veg... don't overcook or the veg will become too salty!

Baked potato in foil... a great simple way to accompany your BBQ dish. Simply wrap each potato in foil with a bit of seasoning and let them cook straight on the charcoal... turn potatoes often for even cooking. Make sure you cook your potato in advance of your meat, they will take a good 20 minutes to be ready – depending on the size of course!



VEGETABLES COOKED IN SALT CRUST

How about baked banana in foil with chocolate? Another very simple recipe! Watch this space next week!

## VEG IN SEASON



**UK broccoli has started! Although a bit pricey as the Spanish season is now finished but price will ease as more volumes gets harvested.**

For the past 3 years, we have been enjoying the fabulous salad heads (Oak, Rosso and Biondi) from D&J Haywards in Salisbury/Wiltshire and they have sent us the first boxes of the season which is such a joy to now have in stock!

Fantastic berlotti beans from Italy but also the first French Coco beans are in!

Jersey Mids are now in full swing with more outdoor crop coming off the ground and price is now really affordable! Another great produce not to be missed!

Fresh UK peas are also in stock and so should UK broad beans and runner beans follow soon.

So many choices in the aubergine family! Graffiti, round/mauve, white, long. Similar with courgette (yellow green or yellow) – offering plenty of ideas to explore new recipes!

## FRUIT IN SEASON



**Hugh Lowe Farms in Kent/Maidstone are still blowing us away with their great quality strawberries and also now with the first raspberries, equally fabulous!**

All stone fruits – apricots, nectarines, peaches and flat peaches are now reasonably priced and quality is very good. Cherries from Spain and France available and it should not be too long to see the first of the English harvest! Especially with the current weather.

Also not to be missed are melons... French Charentais or Italian Cantaloupe are a perfect pick for the alfresco diner with a nice rosé wine perhaps! (In moderation of course... moderation on the wine, not the melon! ;)

And a special recommendation on tomatoes, we know this is a shout out for many more weeks to come as we are soon entering the summer time but nice tomatoes such as the pineapple tomatoes or the Marmande from France are our recommendation for this week... another not to be missed great product grown with love and care! 'Expertly sourced, proudly delivered' !

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**FUNDRAISING FOR KING'S HOSPITAL – £43152**

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STAY SAFE & WELL,  
THE SMITH & BROCK TEAM

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