

SMITH & BROCK



EXPERTLY SELECTED, PROUDLY DELIVERED

WEEKLY MARKET REPORT – 08/06/20

GENERAL PRODUCT UPDATE

Hello All, another week has passed and it seems that the virus is making less and less of the headlines? We just wish that it will go away as quickly as it arrived and that we can all get back to work soon.

Another very good article in the below link on how dependant we are on our fruit and veg import. It is a fact that the more a country is self-sufficient the less you are exposed to issues in the supply chain. We have all noticed how the climate change has impacted some crops such as grapes, from which we can now produce some fine white wine here too, but we are still quite a long way away from growing significantly more in the UK – under glass house for example.

“The UK is highly dependent on Spain and the Netherlands for the majority of its fresh vegetable imports and on the Straits of Dover for bringing in much of the imported fruit and veg.”

“The report reveals 83% of the lettuces imported to the UK come via Dover, along with 67% of tomatoes and 77% of strawberries, leaving little in the way of alternatives if disruption occurs on the ferries or freight rail routes.”

<https://www.fpcfreshtalkdaily.co.uk/single-post/2020/06/05/UK-dangerously-dependent-on-two-EU-countries-for-fresh-veg>



SMITH & BROCK WEEKLY REPORT #129

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HOME DELIVERY... KNOCK-KNOCK!

BARBECUE BOX

In our barbecue box, we've put together all the 'must have' ingredients for you to have the best barbecue! We're changing our selection of meat every week so you can try different succulent flavours!

This week, our meat comes from C. Lidgate butchers, based in London's Holland Park. This is a 5th generation family owned business, and they share many of the same values that we do at Knock Knock – attention to detail and working with the best producers and products. They've been around for 150 years and Danny and his father David personally select organic and grass-fed beef, lamb and pork from free range and organic farms and estates. They were one of our first customers when we started Smith & Brock back in 2016 so it's great to be collaborating with them on this week's BBQ box. The wagyu burgers are amazing by the way!!



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 butcher Flock & Herd and C.Lidgate, and 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 & WOLLENSKY STEAK BOX

DISH OF THE WEEK / RECIPE IDEA / CHALLENGE!

As we have the best aubergine and the best mozzarella that man can find, it makes sense to think about this absolutely amazing dish!

Parmigiana! Every body has their own twist to this legendary recipe! Here you have grilled aubergine for a nice smoky flavour and if you like bbq/smoke flavour – grilling is a must! If not, you should be able to find smoked mozzarella or even smoked sea salt. Served with a nice mache salad (lamb's lettuce) dressed with garlic dressing. Full on flavours!



PARMIGIANA



VEG IN SEASON



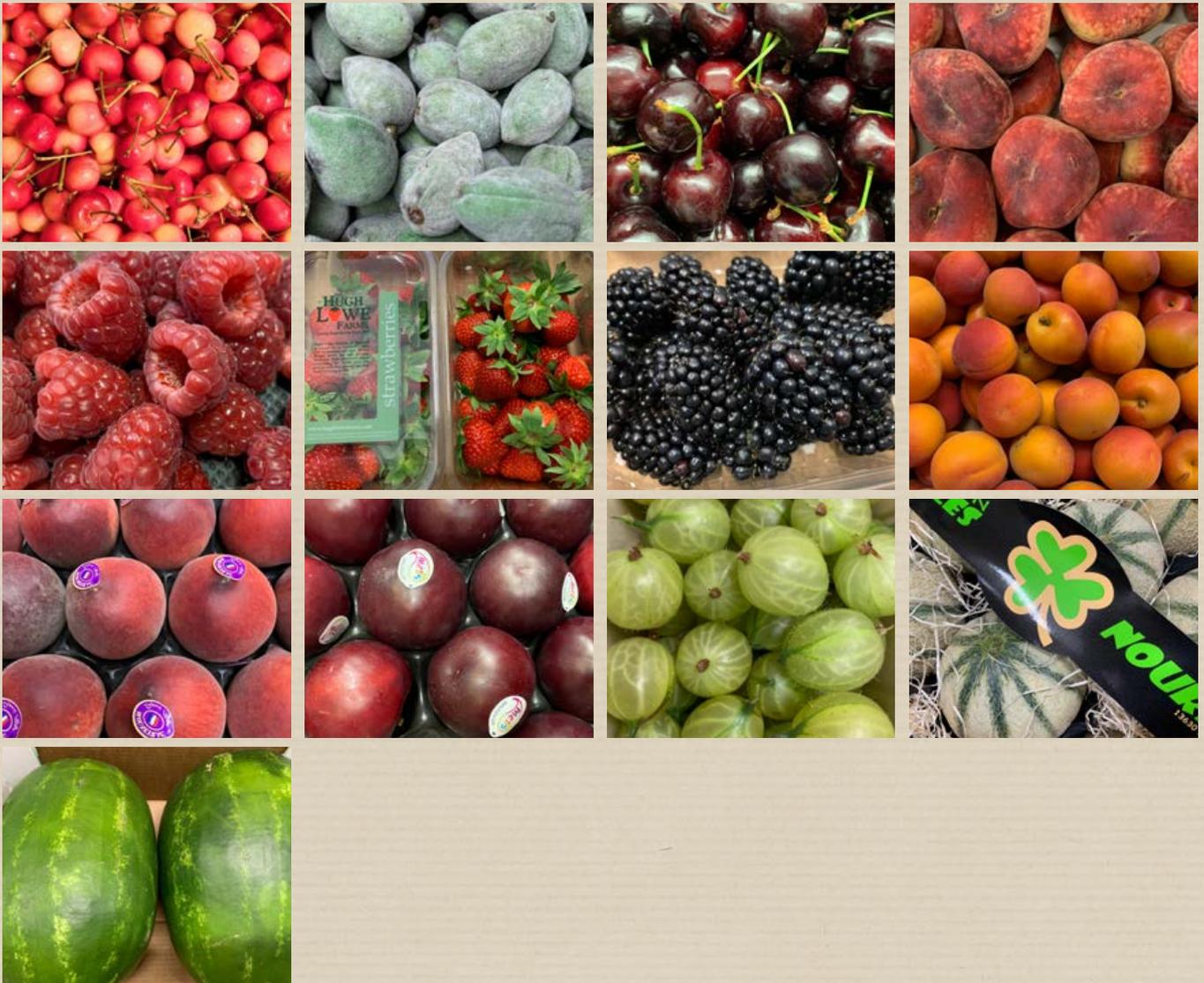
English Asparagus are really on their last legs! The ground was to dry and now the rain has finally come, but the nights are really too cold. So grab yourself the last bunches this week as next week will be all finished!

There are some great fresh coco beans from France now available, and also worth trying are the new season French beans (haricots vert), and if you are curious about courgette, we have

French violon and Italian trompetta! We are ready to play a symphony!

We also highly recommend new season Italian rose onions as well as English peas and broad beans.

FRUIT IN SEASON



Hugh Lowe Farms in Kent are so happy for the rain of late but we the cold weather has slowed the growth. Nevertheless, it does not stop them supplying us with amazing quality strawberries, raspberries and blackberries.

Ever tried fresh almonds? They are so wonderful in salads. Just a bit of work to get to the nut but what a treat!

Cherries from France are stunning and we should hear soon about the first of the UK crop showing up, but too much rain is not good for cherries and neither is cold weather!

It is really a great time too for melons... only the beginning of the season for French charentais, so they are a bit expensive but the quality is superb. torpido watermelon also in stock.

STAY SAFE & WELL,
THE SMITH & BROCK TEAM

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