SMITH & BROCK

EXPERTLY SELECTED, PROUDLY DELIVERED

WEEKLY MARKET REPORT – 25/05/20

GENERAL PRODUCT UPDATE

We have now abundance of produce coming in season from Europe and UK produce will soon also be the star of the show.

Still take advantage of fantastic UK grown produce such as asparagus before the season finishes, in 3 or 4 weeks, when it gets too hot.

Strawberries are the main UK grown fruits and quality is just superb! So sweet!

We have lots of very interesting produce from the continent

English kale is slowly restarting as there was a gap for 3 weeks and we had to buy Spanish.

We are spoilt for choice with tomatoes in all shapes and colours from UK, France or Italy

Citrus fruits are still going up in price as the southern hemisphere season draws to an end and we wait for European crops to start. Same with onions and potatoes should also creep up in price soon as stored potatoes stock becomes lower until new season starts in June/July time.

Tel.: 0203 621 4242 @smithandbrock www.smithandbrock.com Arches 254–255, Grosvenor Terrace, London SE5 0NP

HOME DELIVERY... KNOCK-KNOCK!

PREMIUM FRUIT BOX

DELICIOUS AND BURSTING WITH FLAVOUR, OUR PREMIUM FRUIT BOX WILL ENCOURAGE EVERYONE AT HOME TO HAVE THEIR 5 A DAY! THE BOX CONTAINS ENOUGH FRUIT FOR A FAMILY OF 4 FOR 3 TO 4 DAYS. FOR A HOUSEHOLD OF 2 THIS SHOULD SEE YOU THROUGH THE WEEK.

YOU WILL ALWAYS FIND: BERRIES, GRAPES, BANANAS, AVOCADO, APPLES, PEARS

SEASONALLY CHANGING: EVERY BOX ALSO CONTAINS A SELECTION OF BEST OF SEASONAL FRUITS WE NORMALLY SOURCE FOR TOP LONDON RESTAURANTS

5 TYPES OF FRUITS, LIKELY SOME OF THESE: MORE BERRIES (BLACKBERRY/STRAWBERRY/ RASPBERRY/BLUEBERRY), EASY PEELERS , KIWI, ANOTHER TYPE OF APPLES, PINEAPPLE, MELONS, STONE FRUITS

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/

DISH OF THE WEEK / RECIPE IDEA / CHALLENGE!

Perfect time of the year to be talking about BBQ food…

But most of the time people don't really know what to serve with their BBQ meat! Mastering how to cook veg on the wire is one thing and avoiding the food to go through the mesh is a challenge by itself!

The easiest way to cook food on a BBQ, or even in an oven is to cook in foil! Not only is it SO simple to execute but the produce retain all their flavours!

You can simply add salt to a potato and wrap it in foil, and even add your own touch with some fresh herbs, species etc…

You can apply the same principle with fruits! Have you ever tried a banana with chocolate wrapped in foil resting on charcoal? Yum!

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FUNDRAISING FOR KING'S HOSPITAL

As the fundraising pot gets bigger, the amount of fruit and veg we are able to send to these two hospitals gets bigger!

By donating you are not just helping the nurses but also the chain of the produce industry... from the farmer to the transporter and also S&B.

We still need to fundraise more, thanks for your generosity and support to King's College Hospital.

A big round of applause to all of us with our donations and also for reaching £43100!
And a big thank you to Jill and all the people around her for organising all this!

WHERE YOU CAN SHOW SUPPORT:

- https://www.gofundme.com/manage/buy-them-a-coffee-kch
- https://www.instagram.com/buythemacoffee_kch/
- https://twitter.com/buythemacoffee

FRUIT IN SEASON

VEG IN SEASON

STAY SAFE & WELL, THE SMITH & BROCK TEAM

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