

Market Report 9th July '18 – 23rd July '18

Hello and welcome to the latest market report. We hope you've been enjoying the sunshine. Apologies for the delay between this report and the last but it does mean we have plenty of delicious UK grown produce to tell you about. Remember you can always find the latest news and information at: www.sheringhams.com



Cherry Vine Tomatoes



Flat Peaches



UK Chinese Leaf

Vegetables

The season for both UK and European **Asparagus** has finished and we are now stocking a combination of Peruvian and Mexican.

However, due to the air freight costs involved in getting it here the price has gone up slightly. The first **UK Runner Beans** are here but will remain expensive until availability improves in the coming weeks.

UK Radicchio is also back in season.

English summer **Cauliflower** and **UK Courgettes** are now in full swing and currently great quality and value.

Kenyan Fine Beans, Mange Tout and Sugar Snap Peas have all been in short supply and **Tenderstem Broccoli** was unavailable because of quality issues due to difficult growing conditions in the East African country but supply of all the above is slowly getting back to normal and we are pleased to be able to offer Tenderstem again. However, we would appreciate if you could avoid ordering large quantities for the time being.

Baby Peppers will be unavailable for the next 4-5 weeks while we wait for a new crop to arrive.

UK and Spanish loose **Corn on the Cob** is plentiful but sadly **Roscoff Onions** are now out of season.

English Broad Beans and Peas are in full swing and both great quality and value.

Best Buys: UK Broccoli, UK Cauliflower, UK Green Courgettes, Spring Green & Extra Small New Potatoes

Salads

IMPORTANT

Please be aware that while the majority of UK grown salad items are now in full swing the current heat wave and lack of rain could mean there is a danger of shortages in the coming weeks should growing conditions be compromised by the weather.

Best Buys: UK Radicchio, UK Chinese Leaf, UK Spring Onions & Cherry Vine Tomatoes

Fruits

UK Cherries are back in season and taste great.

Both **Black and White currants** and **Gooseberries** are in full swing as are **Flat Peaches**.

Lemons are in short supply due to a combination of strikes in South Africa and a poor crop in Argentina. Subsequently the price may increase but as always we will do our best to avoid passing that on to our customers.

The season for Egyptian **Oranges** will be coming to an end in the next few weeks and we are moving to a Spanish new crop. The same applies to **Red and White Grapes**.

European **Kiwis** are also finishing and our stock will soon be Chilean.

Best Buys: Blackberries, Blueberries, Cherries, Flat Peaches & Raspberries

We would like to remind everyone that we also supply an extensive range of dried goods and dairy products.

Sheringhams Fine Foods

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UK Produce Currently Available		
Vegetables	Salads	Fruit
Broccoli	Baby Gem Lettuce	Blackberries
Carrots	Beansprouts	Blueberries
Cauliflower	Beetroot	Cherries
Celeriac	Bok Choi	Raspberries
Chippers Choice Potatoes	Celery	Rhubarb
Donkey Carrots	Chinese Leaf	Strawberry
Extra Small New Potatoes	Cos Lettuce	
Green Courgettes	Crunchy Mixed Leaf Salad	
Inca Tomatoes	Cucumber	
Jacket Potatoes 40, 50, 60 & 80	Curly Endive	
King Edwards Potatoes	Curly Kale	
Leeks	Green, Red & Yellow Peppers	
Lovers Potatoes	Iceberg Lettuce	
Main Crop Potatoes	Lollo Rossa and Biondi	
Mid Potatoes	Mixed Leaf Salad	
Parsnips	Mizuna	
Primo Cabbage	Oakleaf Lettuce	
Red and White Onions	Pousse Epinard	
Red Potatoes	Raddichio	
Runner Beans	Radish	
Savoy Cabbage	Rainbow Chard	
Shallots (Banana & Round)	Rainbow Chard	
Spinach (Loose and Pre-packed)	Red Cabbage	
Spring Green Cabbage	Red Chard	
Swede	Roquette	
Turnip	Round Lettuce	
	Salad Cress	
	Spring Onions	
	Watercress	
	White Cabbage	

Please Note: Although these UK products are available we may well be stocking produce from other countries due to quality or price issues. If you require UK grown items please specify when placing your order.