

# SHERINGHAMS

## FINE FOODS Ltd.

### Market Report 17<sup>th</sup> Jan '19 – 31<sup>st</sup> Jan '19

**H**ello and welcome to the first Market Report of 2019. We hope you had a joyful Christmas and wish you all the best for the New Year ahead. As ever, you can find all the latest news and information on our website. Visit us at: [www.sheringhams.com](http://www.sheringhams.com)



**Blood Orange**



**UK Rhubarb**



**Apricots**

#### **Vegetables**

**UK grown Cauliflower** is in short supply due to recent cold nights that have made for challenging growing conditions. We would recommend avoiding our selection of **Mixed Squashes** for the time being as the season is coming to an end meaning quality is

poor. **Onion** prices are set to rise due to high demand coupled with limited availability. **Fresh Peas** and **Broad Beans** are back in season and look great.

**Wild Mushrooms** currently available include Chanterelle, Pied de Mouton, Cepes, Morel, Trompette, Girolle and Pied Bleu.

**Best Buys:** Jerusalem Artichokes, Curly Kale, Savoy Cabbage, Banana Shallots, Parsnips and Extra Small New Potatoes

#### **Salads**

The same cold temperatures that have affected **Cauliflowers** have slowed **Kale** and **Spring Green** production in the UK and both are in short supply as a result.

The well-publicised extreme cold snap in many parts of Europe has forced the price of numerous salad items up due to limited availability. These include **Lollo Rosso**, **Lollo Bionda** and **Oakleaf Lettuce** from France and **Iceberg**, **Cos** and **Celery** from Spain.

However, our **Spinach** is now Spanish as opposed to French because it is both better quality and value.

Lastly, the **Rainbow Radish** season has sadly come to an end.

**Best Buys:** Baby Gem Lettuce and Watercress

#### **Fruits**

**Fresh Cranberries** are sadly no longer available but we can still provide them frozen. **Blood Oranges** and **Lychees** on the other hand are in full swing and are great quality and value.

The first of this season's **UK Rhubarb** has started to arrive as have South African **Apricots**. Both are great quality but remain expensive due to limited availability and air freight costs respectively.

Our **Orange** stock will soon be Egyptian as they are better than the current Spanish crop while **Strawberries** are both Egyptian and Spanish.

European grown **Plums** have come to an end and we are now supplying a South African variety.

Finally, **UK Apples** currently available include Cox, Royal Gala, Braeburn and Russets although the latter will soon be unavailable.

**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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**Best Buys: Clementines, Lychees, Blood Oranges and Kaki Fruit**

UK Produce Currently Available		
Vegetables	Salads	Fruit
Brussels Sprouts Carrots/Donkey Carrots Cauliflower Celeriac Chippers Choice Potatoes Curly Kale & Red Kale Jackets 40, 50, 60 & 80 King Edward Potatoes Leeks Lovers Potatoes Main Crop Potatoes Maris Piper Potatoes New Potatoes Parsnips Primo Cabbage Red Onions Red Potatoes Savoy Cabbage Shallots (Banana and Round) Spanish Onions Spring Green Cabbage Swede Turnip	Beansprouts Beetroot Bok Choi Chinese Leaf Lettuce Radish Red Cabbage Round Lettuce Salad Cress Watercress White Cabbage	Braeburn Apples Cooking Apples Cox Apples Red Apples Rhubarb Royal Gala Apples Russet Apples

**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.