

Market Report 20th May '19 – 3rd Jun '19

Hello and welcome to the latest Market Report. Apologies for the delay between this report and the last but the extended break does mean we have plenty to tell you about and with summer just around the corner we are starting to see some delicious UK produce come into season. As ever, you can find all the latest news and information on our website. Visit us at: www.sheringhams.com



Jersey New Potatoes



White, Purple & Green Asparagus



Mixed Heritage Beetroot

Vegetables

UK Asparagus is in full swing and is currently great quality and value. We also have Italian and Spanish grown varieties available.

Red and White Cabbage is in short supply across the Market and we've seen the price increase as a result. Sadly it's the same situation with **Onions** which you may have noticed are smaller than usual at the moment.

In better news the **Jersey New Potato** season is at its peak and they look and taste great.

In the next couple of weeks we will be moving to French and/or Spanish **Carrots** as the English season is coming to an end. Finally, we've seen the price of **Cauliflowers** rise due to cold nights hindering production.

Best Buys: UK Asparagus, Green Courgettes & Jersey Mids

Salads

All UK grown salad items are back in season and looking great. These include **Baby Gem, Iceberg, Mixed Leaf Salads, Lollo Rosso and Biondi** as well as **Oakleaf Lettuce**.

New season **UK Spring Onions** are also back in stock.

UK Savoy Cabbage on the other hand has come to an end and our stock is now Portuguese which are larger and better quality.

The Dutch salad season is also up and running and items such as **Cucumber, Peppers** and **Tomatoes** will now come from there rather than Spain where the season is winding down.

Lastly, **Watermelon Radish** is currently unavailable.

Best Buys: UK Iceberg, Baby Gem Lettuce, Pousse Epinard, Heritage Tomatoes & Mixed Leaf Salad

Best Buys: Blueberries, Nectarines, Peaches & UK Rhubarb

Fruits

We have seen the first **UK Strawberries and Raspberries** arriving and while the price is still a little high they are delicious.

Spanish **Apricots, Peaches and Nectarines** are now here and they are all great quality and value.

Tasty Spanish **Cherries** are also back in season and we expect to see the price come down in the coming weeks.

Sheringhams Fine Foods

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

UK Produce Currently Available		
Vegetables	Salads	Fruit
Agria Potatoes Asparagus (Jumbo, Medium & White) Carrots Cauliflower Celeriac Chippers Choice Potatoes Jacket Potatoes (40, 50, 60 & 80) Jersey New Potatoes King Edwards Potatoes Leeks Lovers Potatoes Parsnips Primo Cabbage Red Onion Red Potatoes Shallots (Round & Banana) Spanish Onion Spinach (Loose & Pre-Packed) Spring Green Cabbage Swede Turnip	Baby Gem Beansprouts Beetroot (Standard, Candy & Golden) Bok Choi Celery Chinese Lettuce Cos Lettuce Heritage Tomatoes Iceberg Lettuce Lollo Rosso and Biondi Lettuce Oakleaf Lettuce Peppers (Red, Green, Yellow & Orange) Raddichio Radish Red Chard Roquette Round Lettuce Salad Cress Spring Onion Watercress White and Red Cabbage	Blueberries Cooking Apples Raspberries Rhubarb Strawberries

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.