

Market Report 22nd Mar '19 – 5th Apr '19

Hello and welcome to the latest Market Report. With Spring in the air we have plenty of delicious fruit and veg to tell you about. As ever, you can find all the latest news and information on our website. Visit us at: www.sheringhams.com



White Sprouting Broccoli



Rainbow Radish



Mixed Chantenay Carrots

Vegetables

The first of this year's **Jersey Ware and Mids Potatoes** are now in stock but the price is high as the season has just begun. May is typically when production peaks.

The first **UK Asparagus** is also arriving and **Wild Garlic** is in full swing.

Unusual **White Sprouting Broccoli** is available but supply is limited so order while you can.

UK grown Heritage Tomatoes are here and we also have a small amount of both **Purple and Yellow Cauliflowers** which look great but are very expensive.

Mixed Colour Chantenay Carrots remain good quality and value.

The supply of **Mange Tout** and **Sugar Snap Peas** is thankfully back to normal after difficult growing conditions in Kenya.

Similarly we are seeing more **Fennel, Mouli and Fine Beans** arrive but they remain a little more expensive than we would like. However, we are pleased to report that **Ginger** is coming down in price.

Best Buys: UK Cauliflower, Banana Shallots, Parsnips & Extra Small Mids

Salads

We have some beautiful new season **Rainbow Radish** in stock which is guaranteed to add a splash of colour to any salad.

UK Black Cabbage/Cavolo Nero has come to an end so our stock is now a mix of Spanish and Italian and while the quality is good the price is a little higher due to the extra distance it has travelled.

Best Buys: Wild Garlic, Cos Lettuce, Baby Gem Lettuce, Watercress & Heritage Tomatoes

Fruits

The season for both **Kaki aka Sharon Fruit** and **Lychees** has come to an end.

Peaches and Nectarines are also unavailable for the time being but we expect to see a Spanish/Moroccan crop arriving in the market at the end of April, weather permitting.

UK Apples currently in season are Royal Gala, Braeburn and Cox.

Outdoor grown **UK Rhubarb** is in full swing and looking great.

We have seen the first **Gariguette**

Strawberries arrive and while they look beautiful they are rather expensive at the moment.

Finally, Comice **Pears** are no longer available and we are now stocking an Italian grown Williams variety.

Sheringhams Fine Foods

(T) 0207 622 6662

(F) 0207 627 4437

enquiries@sheringhams.com

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

Best Buys: UK Cox Apples, Blueberries, Nadorcotts & UK Rhubarb

UK Produce Currently Available		
Vegetables	Salads	Fruit
Brussels Sprouts Carrots/Donkey Carrots Cauliflower Celeriac Chantenay Carrots (Mixed Colours) Chippers Choice Potatoes Heritage Tomatoes Jackets 40, 50, 60 & 80 Jerusalem Artichokes King Edward Potatoes Leeks Main Crop Potatoes New Potatoes (Regular & Ex Small) Parsnips Piccolo Parsnips Red Onions Red Potatoes Shallots (Banana and Round) Spanish Onions Swede Turnip UK Asparagus	Beansprouts Beetroot Bok Choi Cucumber Curly Kale (Red and Green) Primo Cabbage Red Cabbage Round Lettuce Salad Cress Savoy Cabbage Spring Green Cabbage Watercress White Cabbage	Braeburn Apples Cooking Apples Rhubarb Royal Gala 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.