

### Market Report 28<sup>th</sup> Feb '19 – 14<sup>th</sup> Mar '19

**H**ello 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](http://www.sheringhams.com)



Wild Garlic



Roasted Piccolo Parsnips



Lychees

#### Vegetables

**Fine, Extra Fine and Top and Tailed Beans** are all in short supply due to unseasonable hot weather in Kenya at the moment. We are now also sourcing them from Egypt and Morocco in an attempt to alleviate the problem. While Kenya has been sweltering, Italy has been experiencing a cold snap which has limited the production of **Mouli and Fennel**

with both becoming more expensive as a result.

**Aubergines and Courgettes** are looking good after conditions in Spain improved.

**Mixed Chantenay Carrots and Piccolo**

**Parsnips** are available and great quality so get them while you can!

Lastly, **Ginger** is in short supply and the price has shot up as a result but as ever we will do our best to avoid passing that on to our customers.

**Best Buys: Broccoli, Green Courgettes, Curly Kale, Extra Small Mid Potatoes & Mixed Wild Mushrooms**

#### Salads

As with the Aubergine and Courgette Spanish **Iceberg and Cos Lettuce** are back to normal following improved growing conditions in Spain.

We expect to see the first **Wild Garlic** in the market from next week but anticipate limited supply to start.

**Best Buys: Round Lettuce, Chinese Leaves, Watercress & Mixed Leaf Salad**

#### Fruits

**Apricots** have now finished and will be out of season until April.

Chilean **Peaches and Nectarines** are still available but the season for them is also coming to an end and we would recommend avoiding them if possible as the quality isn't as good as we would like. However, when the Spanish season starts in April we expect to see both availability and quality improve.

**Clementines** will soon be unavailable and we are moving to **Nadorcotts** which are better quality if a little more expensive.

Our **Grapes** are currently South African but we will be switching to Indian and Egyptian grown varieties in the near future.  
 All South American **Melons** will soon be replaced by Central American stock but that may mean reduced availability in the short term.

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

**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.**

**Best Buys: Cox Apples, Blueberries, Lemons, Lychees, Blood Oranges & Comice Pears**

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

**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.